

IT'S IN THE BAG: Green, black or white, tea packs a healthy punch | **Inside**

express

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Tuesday



Barack Obama campaigns in Mississippi Monday.

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New Sins: Pollution, drugs make Vatican's updated list | **9**



Who's Next?
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Wizards' plans for
the future | **13**

ENTERTAINMENT

Vogue Rock:

Madonna earns her spot in the Hall of Fame. Plus, 'Idol' contestants gear up to tackle Beatles classics.



>> **17-20**

N.Y. Gov. Spitzer Tied to Prostitution Ring



APOLOGY: New York Gov. Eliot Spitzer, standing next to his wife, Silda, apologizes to his family and the public Monday after being linked to a prostitution ring. Spitzer, a crusading politician who has battled corruption, did not specifically address the charges. ♦ **'Client 9':** Wiretaps reveal lurid details | **Page 3**

Iraq Blast Kills 5 U.S. Soldiers

Suicide bomber strikes in heavily guarded sector of Baghdad

BAGHDAD | A suicide bomber killed five U.S. soldiers as they chatted with shop owners while on a foot patrol in central Baghdad on Monday, the deadliest attack on American forces in the heavily fortified capital in more than eight months.

The bombing, just four days after nearly simultaneous blasts killed scores of people in a vibrant Shiite commercial district, again showed the insurgents' ability to strike

inside a capital secured by hundreds of security checkpoints, U.S.-funded neighborhood watch groups and hundreds of miles of blast walls that surround buildings and cordon off districts.

The military insists that recent attacks do not point to a growing trend in violence, and continues to tout the security gains achieved over the past year. At any rate, the push over the past six months to place U.S. bases inside

neighborhoods and get soldiers out of their armored vehicles increases the Americans' vulnerability to attacks. While the face-to-face contact from foot patrols builds goodwill, it also gives suicide bombers, who often slip past security vehicle checkpoints by walking, better access to striking soldiers.

On Monday, the soldiers were walking in the predominantly Sunni Mansour neighborhood when a man in his 30s detonated his explosives about 30 feet away, said a police officer who witnessed the attack. (AP)



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TUESDAY
54|34



WEDNESDAY
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TODAY: Mostly sunny day with a light breeze; partly cloudy evening | **30**

eyeOpeners

MASCULINITY

Then the Mayor Will Crush Beer Cans on His Forehead

Mayor Ryan Bingham of Torrington, Conn., plans to defend his town's honor Saturday in a charity bout against Northeast Wrestling performer Kurt Adonis. It's at least the second ring appearance for Bingham—he cost Adonis a win in the same charity event last year by tripping him while acting as the corner man for Adonis' opponent. Adonis says he and his partner, the "Torrington Executioner," will pound on Bingham a bit, then finish him off with "The Superkick." "I plan on kicking his head off," Adonis said. (AP)



WILDLIFE

Bird Still Thinks Coolidge Is President

A pale-bellied bird species last seen in the 1920s and long thought to be extinct has been rediscovered near Papua New Guinea. The Beck's petrel was photographed last summer by an Israeli ornithologist in the Bismarck Archipelago,

a group of islands northeast of Papua New Guinea. Hadram Shirihai, who led an expedition to find the seabird, returned with photographs of more than 30 of the birds. His photographs and report were published in the Bulletin of the British Ornithologists' Club on Friday. (AP)



KNITTING

Tackiness Is a Fruit?

That pear tree is wearing a sweater. Wrapped around the trunk is a colorful, crazy-quilt skin made up of panels of yarn knitted individually by residents of Yellow Springs, Ohio. Good-luck charms cling to the yarn. Family photos, poems and jokes peek out of knitted pockets. The art project has become a conversation piece. "What takes this to a different level is it is a community thing," said artist Corrine Bayraktaroglu, left. "People are really, really enjoying it." (AP)

LIBEL LAW

Domino's Is Gross, And You Can't Sue Us

An appeals court in Northern Ireland has overturned an unprecedented libel

verdict in which a pizzeria owner successfully sued a newspaper over a rotten review. The judge ruled that a Belfast jury erred last year when it awarded \$50,000 to the owner of Goodfellas in Belfast. A 2000 review had deemed his

restaurant smoky, sloppy and unappetizing. The judge said the jury failed to consider whether the reviewer demonstrated malice, and would have been likely to rule in the newspaper's favor if they'd been instructed correctly. (AP)

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TEEN SPIRIT: A Minnesota lawmaker on Monday proposed a fragrance-free educational campaign to discourage the state's students from dousing themselves in body sprays and perfumes that often aggravate classmates with asthma and other health problems.

Nation

In Brief



The Fish and Wildlife Service has proposed listing polar bears as threatened.

ANCHORAGE, ALA.

Conservation Groups Sue Over Polar Bear Deadline

Three conservation groups sued the Department of the Interior Monday for missing a deadline on a decision to list polar bears as threatened because of the loss of Arctic ice. A decision was due Jan. 9, one year after the U.S. Fish and Wildlife Service proposed listing the animals as threatened. Agency Director Dale Hall said in January that officials needed a few more weeks to make a decision. (AP)

SAN DIEGO

Sailors Plead Guilty in Brawl Over Merits of Footballs

Two Australian Navy sailors have pleaded guilty in San Diego to assault charges for beating a man in a sidewalk brawl after an argument over the merits of Australian versus American football. Sailors Philip Graeme Ferres and Kolis Barba were in San Diego last November on shore leave when the altercation occurred. (AP)



New York Governor Eliot Spitzer enters a press conference to deliver an apology following reports linking him to a prostitute.

TROUBLED TERM

→ Elected governor with a historic 69 percent of the vote, Spitzer's hard-charging ways quickly put him at odds with the powerful Republican leader of the state Senate and his agenda stalled amid political scandal and polls that showed most New Yorkers would not vote for him again as governor.

papers as the Emperors Club VIP, were arrested last week. The ring arranged connections between wealthy men and more than 50 prostitutes in New York, Washington, Los Angeles, Miami, London and Paris, prosecutors said.

According to the law enforcement official, Spitzer is the person identified in legal papers as "Client 9," who paid to bring the prostitute named "Kristen" from New York to Washington for a four-hour tryst at a hotel on Feb. 13. The court papers gave this account of the encounter:

A defendant, Temeka Rachelle Lewis, confirmed that Client 9 would be "paying for everything — train tickets, cab fare from the hotel and back, mini bar or room service, travel time, and hotel."

The client paid \$4,300 in cash to the service, with some being used for the encounter and the rest apparently to be used for credit.

The prostitute, who authorities described as a "petite, pretty brunette, 5-feet-5 inches, and 105 pounds," met the client at about 10 p.m.

Spitzer has not been charged, and prosecutors did not comment on the case. AMY WESTFELDT (AP)

Spitzer's Future Uncertain

Opponents call for governor's resignation over call girl scandal

NEW YORK | Gov. Eliot Spitzer, the crusading politician who built his career on rooting out corruption, apologized Monday after allegations surfaced that he paid thousands of dollars for a high-end call girl. He did not elaborate on the scandal, which drew calls for his resignation.

At a hastily called news conference, Spitzer stood next to his

"I have acted in a way that violates my obligations to my family."

GOV. ELIOT SPITZER

stone-faced wife and bit his lips, telling reporters: "I have acted in a way that violates my obligations to my family."

"I have disappointed and failed

to live up to the standard I expected of myself," he said. "I must now dedicate some time to regain the trust of my family."

As he walked out, reporters shouted: "Will you resign?" He did not answer.

The New York Democrat's involvement in the ring was caught on a federal wiretap as part of an investigation, according to a law enforcement official who spoke to The Associated Press on condition of anonymity.

Four people allegedly connected to the ring, identified in court

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The number of flights that will be allowed, per hour, at New Jersey's Newark Liberty Airport during peak times. The federal government hopes the 83-flight cap at Newark and other airports will cut down on flight delays.

Nation

Cheney to Talk Peace, Oil During Visit to Mideast

WASHINGTON | President Bush, dispatching Vice President Dick Cheney to the Middle East, said the goal of the trip is to get Israelis and Palestinians to hold firm to the promises they've made toward peace.

Bush on Monday said Cheney would "reassure people that the United States is committed to a vision of peace in the Middle East." Oil is also on his agenda, as the White House continues to push for greater oil production in the Mideast.

The vice president's visit comes on the heels of a brief mission to the Mideast by Secretary of State Condoleezza Rice. She was able to pressure the moderate Palestinian leadership to resume peace talks with Israel, which broke off after an Israeli military incursion into Gaza. (AP)



Cheney

Obama: Democrats Must Choose

Senator shoots down talk of his serving as Clinton's vice president

COLUMBUS, MISS. | Democrat Barack Obama ridiculed the idea of being Hillary Rodham Clinton's running mate Monday, saying voters must choose between the two for the top spot on the fall ticket.

The Illinois senator used his first public appearance of the week to knock down the notion that he might accept the party's vice presidential nomination. He noted that he has won more states, votes and delegates than Clinton so far.

"I don't know how somebody who is in second place is offering the vice presidency to the person who is in first place," Obama said, drawing a long standing ovation from about 1,700 people in Columbus, Miss.

Saying he wanted to be "absolutely clear," he added: "I don't want anybody here thinking that somehow, 'Well, you know, maybe I can get both.' Don't think that way."



ALEX BRANDON/AP

Sen. Barack Obama, D-Ill., speaks at a town hall meeting at the Mississippi University for Women in Columbus, Miss. The state's Democratic primary is Tuesday.

You have to make a choice in this election."

"I am not running for vice president," Obama said. "I am running for president of the United States of America."

He told the audience that it made no sense for Clinton to suggest he is not ready to be president and then hint that she might hand him the job that could make him president at a moment's notice.

"If I'm not ready, how is it that you think I should be such a great vice president?" he said.

Clinton and her husband had

"I am not running for vice president. I am running for president of the United States."

SEN. BARACK OBAMA

suggested recently that a Clinton-Obama ticket would be formidable against Sen. John McCain.

"A lot of Democrats like us both and have been very hopeful that they wouldn't have to make a choice, but, obviously, Democrats have to make a choice and I'm looking forward to getting the nomination," Clinton said Monday in Scranton, Pa. "And it's preliminary to talk about whoever might be on whose ticket."

CHARLES BABINGTON (AP)

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Nation

65

The number of new voters, in thousands, that have been added to the rolls of Democrats in Pennsylvania since last fall. The state's Democratic primary on April 22 is open only to registered Democrats.

Kin Could Play Role in Alzheimer's

Study: When both parents have disease, offspring's risk rises

CHICAGO | One parent with Alzheimer's disease is tough enough, but imagine the memory-robbing illness striking both parents — and knowing chances are high you'll get it, too. A study of more than 100



Jackie Lustig's mother Jeannette Zeltzer, right, suffers from Alzheimer's.

families for the first time gauges the size of that risk.

"I'm scared," said Jackie Lustig, 52, of Sudbury, Mass., whose father died of Alzheimer's and whose mother is living it. "I'm hoping to heck that the pharmaceutical companies come up with something better than there is now. It's not a nice way to go."

The study, appearing in March's

Archives of Neurology, found more than 22 percent of the adult children of 111 couples with Alzheimer's had the disease themselves. Risk grew with age. Among offspring older than 60, more than 30 percent were affected. In those older than 70, nearly 42 percent had the disease.

Prior studies have found a 6 to 13 percent prevalence of the dis-

ease in the U.S. population older than 65.

Senior study author Dr. Thomas Bird of the University of Washington said he was uncomfortable saying the normal Alzheimer's risk tripled or quadrupled in people with two affected parents because the study was small and had no comparison group.

"What I'm comfortable saying is that risk is increased and we're working on trying to find out what the magnitude is," Bird said.

CARLA K. JOHNSON (AP)



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JACK OF ALL TRADES: Russian President Vladimir Putin is dabbling in a new area: theater criticism. The president and wife visited a Moscow theater Sunday to watch the Russian comedy "Woe from Wit." Then, Putin offered the cast tips on how to portray their characters.



World

Israel Scales Back Gaza Operations

Prime Minister denies talk of cease-fire with Hamas during calm

JERUSALEM | Israel's prime minister ordered the army to scale back operations in Gaza on Monday after a sharp drop in Palestinian rocket fire, raising the possibility of a wider truce that would ease the path for peace talks.

Ehud Olmert denied talk of a cease-fire with Gaza's Hamas rulers but said there was no need to attack

Gaza as long as calm prevailed.

Hamas said it was encouraged by the relative lull, saying it proved that attacks on Israel were paying off. The militant group wants an agreement that would include opening the Gaza Strip's shuttered borders.

Israel, concerned that calm could enable the militants to rearm, said it reserves the right to strike at will.

The army said no rockets were fired Monday, and Israel has not carried out any airstrikes or land raids in Gaza since Wednesday. Last



Palestinian children play on a Gaza Strip building destroyed by Israelis.

week, militants fired an average of more than a dozen rockets per day, while the army struck hard in Gaza, leaving more than 120 Palestinians dead, according to Palestinian medical officials.

The past few days have seen no serious Israeli casualties from rocket fire, though Palestinian militants killed two Israeli soldiers Thursday along the Gaza border. Later that day, a Palestinian fired on students at a Jewish seminary in Jerusalem, killing eight before he was shot and killed. ARON HELLER (AP)

Aussie Magazine Apologizes for Report on Harry

SYDNEY, AUSTRALIA | An Australian magazine apologized Monday to readers and troops serving abroad for publishing a story revealing that Prince Harry was fighting with British troops in Afghanistan.

New Idea magazine said when it ran the story in January it was unaware of an agreement between the British Ministry of Defense and major news organizations not to disclose Harry's deployment to protect the 23-year-old prince and his fellow soldiers.

The report went largely unnoticed until last February when the Drudge Report published it, citing the magazine and a German publication.

British officials decided to pull Harry out of Afghanistan for his safety and that of his unit. (AP)

DORSET, ENGLAND | STORM BATTERS BRITISH COAST



OCEAN IN MOTION: A man watches waves crash against the walls of the Cobb harbor in Dorset, England on Monday, as a combination of high tides and huge waves battered Britain's southern coast. Winds that topped 80 mph uprooted trees, toppled power lines and shut down several busy ports. Strong winds were expected through Wednesday.

HEARSAY | REVENGE

"We tell Western tourists that at the same time they are flowing into [Tunisia] ... our brothers are being slain in Gaza."

—SALAH ABU MOHAMMED, AL-QAEDA MEMBER, IN AN AUDIO RECORDING AIRED MONDAY ON AL-JAZEERA TV. AL-QAEDA SAID IT KIDNAPPED AUSTRIANS IN TUNISIA LAST MONTH.

Report: 30,000 Flee Western Kenya

KITALE, KENYA | The army used heavy firepower Monday to crack down on a group linked to bloody clashes over land, officials in western Kenya said, a day before parliament was to debate and possibly adopt a power-sharing deal.

The violence in the western Mount Elgon region underlines how difficult it will be for Kenya to retreat from the edge of violent

breakup, even though politicians who clashed bitterly for weeks over a disputed presidential election now are talking about peace.

Fred Kapondi, a Mount Elgon member of parliament, said people were fleeing "aerial bombing and harassment from the army."

However, Mohamud Birik, the local district commissioner, denied that the army was target-

ing villagers.

Ochiemo Cheptai, who identified himself as chairman of the Mount Elgon chapter of the Kenya Red Cross, said 30,000 people fled their homes after the army began pursuing members of the Sabaot Land Defense Force on Sunday.

But Red Cross officials in Nairobi challenged the 30,000 figure, saying they have not yet assessed the amount of people who were fleeing. (AP)

In Brief



Iran issued stamps of slain Hezbollah leader Imad Mugniyah on Monday.

TEHRAN, IRAN New Postage Stamps Feature Slain Hezbollah Commander

Iran issued a stamp Monday in commemoration of a top Hezbollah commander wanted by the U.S. who was killed in a car bombing in Syria last month, the official news agency IRNA reported. The stamp, which features Imad Mugniyah in a military uniform, was unveiled at a ceremony attended by Iran's minister of post and communication and the former chief of the country's elite Revolutionary Guards, according to the report. (AP)

BEIJING China to Keep One-Child Policy for at Least a Decade

China will not consider changing its one-child policy for at least a decade for fear that a population surge could spark social and economic instability, the nation's top family planning official said in an interview published Monday. Zhang Weiqing of the State Population and Family Planning Commission told the official China Daily newspaper that the one-child rule should be maintained for now. (AP)

BELGRADE, SERBIA Caretaker Government Calls For Early Parliamentary Vote

Serbia's caretaker government urged the president Monday to call early parliamentary elections in May after the Cabinet collapsed in an impasse over Kosovo's declaration of independence and ties with the European Union. The EU called on Serbia's leaders to shun isolationism and stay on course to join the bloc. The Bush administration urged them to focus "on the future." (AP)

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A publication of The Washington Post

World

Vatican Revises List of Sinful Acts

Official names drugs, pollution among new types of bad behavior

VATICAN CITY | In olden days, the deadly sins included lust, gluttony and greed. Now, the Catholic Church says pollution, drugs and genetic experiments are on its updated thou-shalt-not list.

Also receiving fresh attention by the Vatican was social injustice, along the lines of the age-old maxim: "The rich get richer while the poor get poorer."

In the Vatican's latest update on how God's law is being violated in today's world, Monsignor Gianfranco Girotti, the head of the Apostolic Penitentiary, was asked by the Vatican newspaper L'Osservatore Romano what, in his opinion, were the "new sins."

He cited "violations of the basic rights of human nature" through genetic manipulation, drugs that "weaken the mind" and the imbalance between the rich and poor.

"If yesterday sin had a rather

THE NEW 7 DEADLY SINS

As named by Vatican official Monsignor Gianfranco Girotti in a Vatican newspaper on Sunday:

- 1 Polluting the environment
- 2 Genetic engineering
- 3 Being obscenely rich
- 4 Dealing drugs
- 5 Abortion
- 6 Pedophilia
- 7 Causing social injustice

individualistic dimension, today it has a weight, a resonance, that's especially social, rather than individual," said Girotti, whose office deals with matters of conscience and grants absolution.

It's not the first time that the Vatican has sought to put a modern spin on sin. Last year, the Vatican took on the problem of highway accidents, issuing a kind of Ten Commandments for drivers against the sins of road rage.

Vatican officials stressed that Girotti's comments broke no new ground on what constitutes sin.

FRANCES D'EMILIO (AP)

“If yesterday sin had a rather individualistic dimension, today it has a weight, a resonance, that's especially social.”

MONSIGNOR GIANFRANCO GIROTTI, VATICAN OFFICIAL

MALTA | CROWDS CELEBRATE ELECTION RESULTS



PARTY PEOPLE: Nationalist Party supporters gather in Pieta, Malta, on Monday after officials announced that the long-ruling party had narrowly won the Mediterranean island's parliamentary election on Saturday.

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

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or for other studies: www.clinicaltrials.gov



National Institute of Mental Health NIMH

National Institutes of Health, Department of Health & Human Services

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express

World



Nepalese police detain a Tibetan protester in Katmandu, Nepal, on Monday.

Tibetan March Is Blocked

Police prevent exiles from protesting against the Beijing Olympics

DHARMSALA, INDIA | Police blocked hundreds of Tibetan exiles Monday from leaving an area near this northern Indian city at the start of a planned six-month march to Tibet to protest China's hosting the Summer Olympics.

The march got under way on the anniversary of a failed Tibetan uprising against Chinese rule that forced the Dalai Lama, the Tibetan Buddhist spiritual leader, into exile in 1959.

A recommendation by the Indian government led to the order banning the marchers from leaving the area outside Dharamsala where they stopped for the night, local police chief Atul Fulzele said.

Tenzin Tsundue, one of the march leaders, said the Tibetan exiles have not decided whether to defy the ban.

The monks were demanding the release of monks detained last October when the Dalai Lama was given a Congressional Gold Medal in Washington, an honor that infuriated the Chinese government.

Protesters also rallied in New Delhi and in Katmandu, Nepal, where 10 activists were detained after hundreds clashed with police.

ASHWINI BHATIA (AP)



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Local

Navy Doctor Jail Term Cut

Officer was convicted of taping midshipmen having sex in his home

ANNAPOLIS, MD. | The military has reduced a sentence for a Navy doctor ordered to serve more than 3 1/2 years in prison for using a hidden camera to record Naval Academy midshipmen having sex, a Navy spokesman said Monday.

Cmdr. Kevin Ronan will now serve two years if he is a model prisoner, said Guy Schein, a spokesman for the Navy Bureau of Medicine and Surgery in Washington, where Ronan was assigned.

In November, a jury of six Navy captains gave Ronan a 46-month term in the Navy brig and ordered his dismissal from the military. He

had been convicted of conduct unbecoming an officer, illegal wiretapping and obstruction of justice. He began serving his sentence shortly afterward.

Navy prosecutors had asked for the 46-month sentence because it was equal to the time a midshipman spends at the academy in Annapolis. But Vice Adm. Adam M. Robinson, the Navy's surgeon general, decided last week to reduce the sentence, Schein said.

Schein said Robinson weighed the benefit of keeping Ronan confined for the full sentence, the expense of confinement and a belief that Ronan had been sent a significant message about his actions.

Ronan's lawyer, William Ferris, said he was disappointed the entire sentence was not remitted.

Ronan is being confined in the U.S. Naval Consolidated Brig in Charleston, S.C.

Ronan denied making the recordings during testimony at his trial but acknowledged he bought an air purifier with a hidden camera. Ronan's defense was that the tapes were made by midshipmen in an effort to extort money from him.

Navy prosecutors alleged Ronan used the camera to tape the male midshipmen having sex with girlfriends or masturbating while they stayed in guest bedrooms at his Annapolis home.

The midshipmen were there as part of an academy program that places students in private homes during their free time.

BRIAN WITTE (AP)

IN The Washington Post | D.C.'S CONDO BOOM TAKES TOLL ON TENANTS



TOTAL DISREPAIR: John Parks—shown in his Taylor Street NW apartment building with his son John, 3—says he thinks repairs purposely won't be made in the building so that residents will move out and free it up to convert it to condo units.

♦ **Agency breakdown:** The Department of Consumer and Regulatory Affairs has failed D.C. tenants for years. | Today's AI

The Lotteries
Monday, March 10

DISTRICT

Mid-day Lucky Numbers **1-0-6**
Mid-day DC 4 **5-7-4-6**

MARYLAND

Mid-day Pick 3 **1-0-4**

Mid-day Pick 4 **2-7-5-5**

VIRGINIA

Mid-day Pick 3 **4-9-3**

Evening Pick 3 (Sun.) **3-1-7**

Mid-day Pick 4 **4-3-5-3**

Evening Pick 4 (Sun.) **1-7-4-9**

Mid-day Cash 5 **12-14-20-24-33**

Evening Cash 5 (Sun.) **8-16-17-19-25**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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Speaker: Eric Berg, DC
DrBergWorkshop.com

Money

750

The amount, in millions of dollars, BMW is planning to spend to expand its manufacturing facility in South Carolina. The automaker plans to add 500 jobs and produce a new hybrid vehicle at the plant.

Gas Poised to Hit Record in March

With the travel season still months away, fuel nears \$3.23 per gallon

NEW YORK | Gasoline prices were poised Monday to set a new record at the pump, having surged to within half a cent of their record high of \$3.227 per gallon. Oil prices, meanwhile, surged above \$108 per barrel to a new inflation-adjusted record and their fifth new high in the last six sessions on an upbeat report on wholesale inventories.

The national average price of a gallon of gas rose 0.7 cent overnight to \$3.222 per gallon, 69 cents higher than one year ago, according to AAA and the Oil Price Information Service. Last May, prices peaked at \$3.227 as surging demand and a string of refinery outages raised concerns about supplies.

That record will likely be left in the dust soon as gas prices accelerate toward levels that could approach



The national average price of gasoline peaked at \$3.227 per gallon in May 2007.

\$4 per gallon, though most analysts believe prices will peak below that psychologically significant mark. In its last forecast, released last month, the Energy Department said prices will likely peak around \$3.40 per gallon this spring; a new forecast is due Tuesday.

Retail gas prices are following crude oil, which has jumped 25 percent in a month. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NatwFS	47.72	+9.79	+25.8
Iomega	3.20	+.54	+20.3
AlescoFnc	2.71	+.39	+16.8
MoneyGrm	2.82	+.24	+9.3
ProsHldg n	14.00	+.98	+7.5

Losers

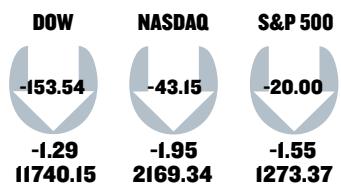
STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AmbacF	7.29	-2.21	-23.3
Head NV	2.51	-.52	-17.2
CapsteadM	10.03	-1.87	-15.7
CntrwdFn	4.36	-.71	-14.0
FeldmanM	2.72	-.43	-13.7

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	6.00	6.00
Fed Funds close	2.97	3.19
3-month disc	1.42	1.79
2-year	1.44	1.59
10-year	3.44	3.53
30-year	4.45	4.42

NASDAQ Stock Market			
Gainers			
STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PyramidB	2.04	+.54	+36.0
RiverCBk	9.92	+2.17	+28.1
SpectPh	2.93	+.49	+20.1
PlanOut rs	3.16	+.45	+16.6
Iomai	1.05	-.04	-3.7
Losers			
CRA Intl	22.99	-15.17	-39.8
STEN	2.77	-.11	-28.6
ConvOrg n	10.79	-3.83	-26.2
Somanc	19.21	-5.93	-23.6
CougarB n	18.10	-5.20	-22.3

Currency (Dollars in foreign currency)			
British Pound	.4975	.4963	.5177
Canadian Dollar	.9976	.9917	1.1723
European Euro	.6514	.6515	.7625
Japanese Yen	102.04	103.09	118.15
Mexican Peso	10.8578	10.8342	11.1400
Taiwanese Dollar	30.67	30.77	33.00



Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	44.68	+.50	-3.8
Amylin	24.64	-.46	-33.4
BiogenIdc	54.74	-1.46	-3.8
BioMarin	32.42	-3.16	-8.4
Celgene	55.38	-1.38	+19.8
ChRvLab	54.12	+.02	-17.8
Genentch	78.21	-1.18	+16.6
Genzyme	71.55	-.91	-3.9
GileadSci s	46.13	-2.57	+3
Illumina	62.13	-5.02	+4.8
Imclone	43.55	-1.16	+1.3
Invitrogen	79.61	-2.73	-14.8
MillPhar	12.82	-.26	-14.4
QIAGEN	20.00	-.96	-5.0
Techne	66.31	-1.80	+4

Atlantic City Breaks Losing Streak

ATLANTIC CITY, N.J. | What a difference a day makes.

February revenue at Atlantic City's 11 gambling halls increased by 1.5 percent over the same month a year ago — due mainly to an extra February day this leap year.

Regardless of why it happened, the end of a 10-month losing streak was good news in a resort town desperately looking for some amid an economic slowdown that has threatened at least one new mega-casino project. For more than a year, the

city has also been struggling to fend off competition from out-of-state slots parlors.

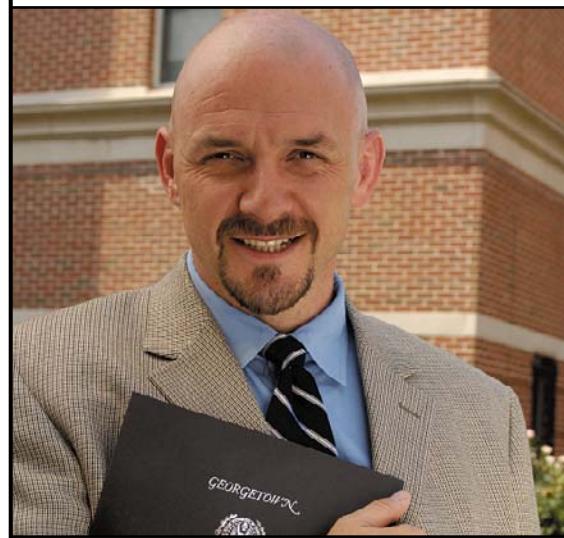
"You're not throwing your hat in the air, but we'll take victories where we can get them," said Mark Juliano, chief executive officer of Trump Entertainment Resorts, which operates three casinos here. (AP)

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start my day off right. Thanks so much, Tobie!"

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A WILDCAT: Arizona basketball coach Lute Olson will return to the Wildcats after the end of the season. Olson, 73, who has been on personal leave since Nov. 4, will come back under a contract that runs through 2011.



Sports

Swengali

COLLEGE HOOPS | BY MATT SWENSON

It's Tough to Pick The Nation's Best

MORE THAN 300 DIVISION I teams have played roughly 30 games and just completed the regular season. So, picking the best of the bunch should be easy, right? Think again.

An argument can be made for four or five teams, all of which are eyeing a top seed when the NCAA tournament brackets are announced this Sunday. At least two of those teams will likely be on the outside looking in at the Final Four once the upsets get going.

But before we get a week ahead of ourselves, you can make the case for UNC, Memphis, UCLA, Kansas and Tennessee as the nation's best team as of now.

It's hard to dispute Memphis, which enjoyed the most success

You can make the case for UNC, Memphis, UCLA, Kansas and Tennessee as the nation's best team.

in the regular season. The Tigers lost just one game — a four-point defeat against then-No. 2 Tennessee — and their resume includes double-digit victories over Georgetown and Connecticut.

Does that make Memphis the best? Sorry, the Tigers still can't make a free throw. I'd also scratch off UNC, with two losses, because the Tar Heels' defense seems suspect.

Finding a knock against Tennessee is hard. The Vols are good, and Bruce Pearl is an excellent coach. At this point, it's all subjective, and UCLA and Kansas just look better.

To break the tie, we'll take the Bruins' Final Four experience, star freshman Kevin Love and Georgetown-esque luck to crown them our regular season champ.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Season Has Offered Few Answers

Wizards will decide on their stars without seeing their potential

WIZARDS | Right now, the pains are in a hip and a knee. This summer, it may be the Wizards' brain trust with the headache.

While the absence of Gilbert Arenas and Caron Butler for long periods has been the dominant story for the team this season, the upcoming offseason personnel puzzle may be more challenging.

Despite a knee injury that's kept him from playing since November, Arenas insists he'll opt out of the final year of his contract at season's end. Arenas will undoubtedly pursue a maximum contract, which would be a multi-year escalating deal starting at more than \$14 million per season. Meanwhile, All-Star Antawn Jamison is in the last season of a six-year deal that pays him \$16.3 million this season.

While the NBA's collective bargaining agreement and soft salary cap mean the Wizards can outbid other teams to keep their own free agents, the expiring contracts bring up an interesting question: Would the Wizards be better re-signing their stars or tinkering with their roster in



Antawn Jamison, left, and Gilbert Arenas will both be free agents after this season, and the team hasn't seen their potential.

hopes of taking the next step?

There's no doubt the Arenas-Butler-Jamison trio has re-energized an organization that was in the cellar of the Eastern Conference for two decades. However, Washington has made it past the first round only once in the past three years and has not sniffed the conference finals.

With all the injuries, the Big Three didn't get a chance to prove they could get it done this year, their

third full season together.

"Nobody's feeling sorry for you in the league," Wizards guard Roger Mason said. "There's plenty of teams that have injuries."

Jamison is the leader of this team. The forward has been fairly durable during his tenure in D.C., but he will be 32 years old next season.

Still, the first order of business for Washington's executives will be trying to predict if Arenas can return to pre-injury form. The guard has

played just eight games since last April, having had a second knee surgery in November. But he averaged 22.4 points on a bum knee and is among the most marketable players in the league. If another team stepped up and lured Arenas away, Washington could be hard-pressed to find an immediate replacement

Butler's back: To keep up with Caron Butler's status and availability, pick up | Today's Post, Sports

Wade Is Sidelined for the Season

Miami decides to sit its superstar with 21 games left in the year

NBA | Dwyane Wade's season with the Miami Heat is over.

Heat coach Pat Riley announced Monday that Wade, the All-Star guard and 2006 NBA finals MVP who has battled left knee pain throughout the season, will not play in Miami's final 21 games.

"I think it's time," Riley said.

The move was expected, although the timing — with so much of the season still to play — was mildly surprising. But Wade missed Miami's game against the Golden State Warriors on Friday



Dwyane Wade has battled pain in his left knee all season and is out for the year.

because of knee stiffness.

The next day, Wade looked strong playing in Atlanta. But with all hope of the playoffs gone, the Heat — the NBA's worst team at 11-50 — and Wade decided Monday

that the time was right to give the franchise's best player additional time to heal and rest.

As recently as last Thursday, Wade said that even though the knee is sore, he wanted to continue playing.

"I don't want to cut my minutes back," Wade said, when asked why he still wanted to play this season. "If it's going to happen, it's going to happen. And whenever that day is, if it comes, I'll just start preparing for the summer and rehabbing. But the day is not today."

The day came four days later.

"I'm just trying to stay positive right now," Heat forward Shawn Marion said. "All you can do, really." TIM REYNOLDS (AP)

Hibbert Is Repeat For All-Big East

COLLEGE HOOPS | Georgetown's Roy Hibbert is the only repeat selection on the All-Big East Conference basketball team.

Hibbert was a unanimous first-team selection, along with Connecticut's A.J. Price, Louisville's David Padgett and Notre Dame's Luke Harangody, the league announced Monday. Each player helped his team earn a first-round bye in the Big East Tournament.

Others on the first team are Connecticut's Jeff Adrien, Notre Dame's Kyle McAlarney, Cincinnati's Deonta Vaughn, Pittsburgh's Sam Young, Seton Hall's Brian Laing, USF's Kentrell Gransberry and West Virginia's Joe Alexander. (AP)

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The amount, in millions of dollars, the Rams will pay quarterback Trent Green over the next three seasons to back up Marc Bulger. Green will be back under coordinator Al Saunders, who made the QB a star with the Chiefs.

Sports

GW's Trying Season Ends Too Early

After 3 straight NCAA tourneys, Colonials don't make the A-10

COLONIALS HOOPS | Just two years ago, the George Washington men's basketball team won the regular season conference title and was a No. 8 seed in the NCAA tournament before losing to top-seeded Duke in the second round. Last year, the Colonials won the Atlantic-10 tournament and were a No. 11 seed in the big dance. This year, they won't even play in the A-10 tournament.

Saturday night's 67-63 loss to Massachusetts did not have much at stake. GW (9-17, 5-10 A-10) was eliminated from the A-10 tournament for the first time since 1974 when Fordham won just before the Colonials took the court. GW had dropped to 13th in the conference after a loss to Charlotte on March 6, and only the top 12 of 14 teams get a chance at the tournament, which starts Wednesday.

"I'm a little disappointed the season has come to an end," coach Karl Hobbs, the A-10 coach of the



Two years after being named Atlantic 10 coach of the year, Karl Hobbs suffered through a 9-17 season, and GW missed the A-10 tourney for the first time since 1974.

year in 2006, said after the last loss. "I'm just starting to reflect on the rebuilding process now."

The Colonials' rapid descent began, as it often does, with the graduation of key players. Forward/center Pops Mensah-Bonsu and J.R. Pinnock both left for the NBA draft in 2006. But last year's squad overachieved. They

were picked to finish fifth in the A-10 yet won the conference tournament to make the NCAA tournament for the third straight year.

This year's team didn't have as much luck. After losing the program's winningest player, Carl Elliot, the Colonials were plagued by constant adjustments to their

roster and style of play.

Starting guard Travis King, who was expected to be a key contributor after a solid freshman year, was lost for the season in August after tearing his ACL. Maureece Rice was the A-10 championship's most valuable player in 2007 and toyed with the idea of going pro, but he never got back to his old form and was dismissed from the team on March 6 for breaking unspecified team rules.

The Colonials also made adjustments to their defense, which became a matchup zone by the end of the season.

"We thought we'd be a work in progress through the season and that held out," Hobbs said. "We were reinventing ourselves."

"What I'm hoping is we take this year, we mature from it, we learn some lessons, and we learn how to conduct ourselves on and off the court. This year is a rebuilding situation. We'll take our time rebuilding it block by block." ASH McDANIEL

Late game: The CAA championship game ended after Express' deadline. For results | Today's Post, Sports



L.A.'s Chan Ho Park threw three perfect innings on Monday against the Orioles.

Park Is Perfect For 3 Innings Against the O's

ORIOLES | The next time Joe Torre sees his Dodgers play, it will be on another continent. He can only hope Chan Ho Park performs as well in China as in the United States.

Park pitched three perfect innings Monday to keep his ERA spotless and lead Los Angeles past the Baltimore Orioles 7-4.

Torre and a split squad of Dodgers will leave Tuesday for Orlando to catch their flight to Beijing. The team will play a two-game weekend series against the San Diego Padres.

Park will pitch in one of those games. If he keeps throwing as he has this spring, the right-hander will be pitching for the Dodgers in the regular season, too.

"Early on in the spring, he had trouble locating inside. He had everything today," Torre said. (AP)

TODAY'S TV LINEUP

UNC Stays Atop AP Poll After Beating Duke

COLLEGE HOOPS | North Carolina's weekend win over Duke kept the Tar Heels on top of The Associated Press' college basketball poll Monday.

The top five teams held their spots from last week in the next-to-last poll of the season.

The Tar Heels (29-2), who beat Duke 76-68 to win the Atlantic Coast Conference regular-season title, received 52 first-place votes and 1,776 points from the 72-member national media panel.

Memphis (30-1), which finished its second straight unbeaten season in Conference USA with convincing wins over SMU and UAB, held second with 13 first-place votes. UCLA (28-3) was third, Tennessee (28-3) was fourth, and Kansas was fifth. (AP)

Trachsel Relishes His Dual Roles

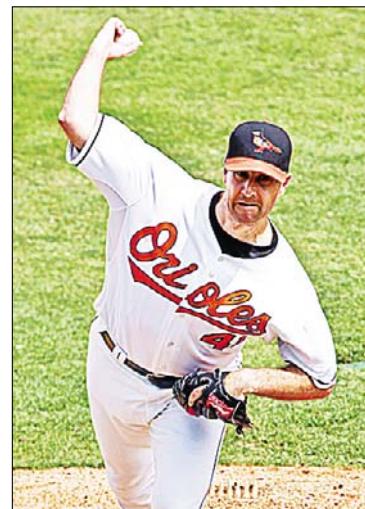
Orioles pitcher will be a starter and a teacher for the young staff

ORIOLES | Steve Trachsel has 141 career wins, exactly 80 more than the combined total of the other four pitchers in the Orioles' projected starting rotation. When Trachsel threw his first pitch in the major leagues, Adam Loewen was 9.

Loewen, now 23, can learn plenty from a guy like Trachsel, who's happy to share the wisdom he's gained from 14 big league seasons.

"He's been helping me out with my routine. I didn't really have one for when I was warming up in the bullpen," Loewen said.

The Orioles signed Trachsel to a minor league contract in February, but there was little doubt at the time that he would end up in the rotation. He went 6-8 with a 4.48 ERA in



Steve Trachsel, 37, went 6-8 with a 4.48 ERA in 25 starts in Baltimore last year.

25 starts with Baltimore last season before being dealt to the Cubs.

His return to Baltimore is beneficial to both parties. The Orioles get a guy who can eat up innings

and provide stability and instruction to a young, inexperienced staff. Trachsel, in turn, receives another chance to pitch in the majors.

"I wasn't going to go to another team and be an insurance policy," Trachsel said. "That's what happened when I got traded last year. I went to Chicago and basically didn't do anything. It's not fun."

His workload in Baltimore might prove too tough to handle. Not only does the 37-year-old have to prepare for the season, but he's also been asked to tutor those around him. His leadership role wasn't penned into his contract, but it certainly was discussed before he signed.

"They mentioned it," Trachsel said. "I've got to find a balance of when to talk to guys and who to talk to and who to leave alone on the day they pitch. I'm definitely not talking to anybody on the day I pitch." DAVID GINSBURG (AP)

WIZARDS (7 P.M. ON CSN) The Wizards host the Bucks as part of a five-game homestand at Verizon Center.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN AND 9 P.M. ON ESPN2) The Summit League wraps up its conference tournament in Tulsa, Okla., the Horizon League final is at the site of the highest seed, and the Sun Belt Conference holds its championship game in Mobile, Ala.

WOMEN'S COLLEGE HOOPS (7 P.M. ON ESPN2) The women's Big East conference championship game is in Hartford, Conn.

SOCER (3:30 P.M. ON ESPN2) Champions League play continues with Inter-Milan hosting Liverpool in the second leg of their matchup.

Sports



SO, YOU SAY 9-IRON? Tiger Woods will caddy for one lucky fan who predicts his score over four rounds. The "Tee-Off With Tiger" General Motors contest kicked off Monday and includes tournaments through Sept. 28. He'll caddy nine holes for the winner on Oct. 20.

Verlander Dominates the Nationals

Milledge remains hot, going 2-for-2 in a 4-3 loss to the Tigers

NATIONALS | Justin Verlander is looking good.

The Detroit Tigers' ace threw three scoreless innings, striking out three and walking none in Monday's 4-3 victory over the Washington Nationals.

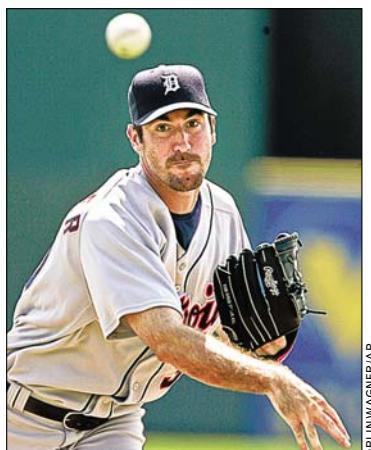
"He used all of his pitches, and he had a very good curveball today," Detroit manager Jim Leyland said.

Verlander has pitched eight

scoreless innings during the exhibition season. Monday marked the first time this spring Verlander threw his breaking ball with regularity. The 2007 All-Star pitched out of a jam in the third inning, striking out his final batter—Austin Kearns—with two men on and the Tigers ahead 2-0.

Washington's Lastings Milledge was 2-for-2, raising his batting average to .406.

Despite giving up three earned runs in two innings, Zach Miner was the winner. He allowed three hits, including a three-run homer to Matt Whit-



Justin Verlander shut out the Nationals for three innings during Monday's game. (AP)

The Hardest Day

→ It takes a little humor and a lot of humility to get through cut day with a major league baseball team. On Monday, the Nats trimmed their roster from 62 to 44. | **Today, Sports**

IN **The Washington Post**

ney in the eighth.

Washington starter John Lanigan gave up three runs and five hits in 3 2/3 innings. The 23-year-old left-hander struck out two and walked one, giving up solo home runs to Ivan Rodriguez and Miguel Cabrera. (AP)

NASCAR Drivers Criticize Tires

AUTO RACING | A day after Tony Stewart assailed Goodyear, three other drivers echoed his complaints—but without the same venom.

"I think he went a little overboard," Jeff Gordon said. "He kind of made it personal."

Gordon, Greg Biffle and Ryan Newman all tested tires for Goodyear at the newly paved Darlington Raceway on Monday, and all agreed the rubber at Atlanta wasn't favorable for driving conditions. But none was as angry as Stewart, who said Goodyear gave him "the most pathetic racing tire I've ever been on in my professional career." (AP)

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SELF-APPOINTED NICKNAME: Avril Lavigne, known for her pairing of frilly dresses and combat boots, will bring her style to Kohl's department stores. The edgy, pop-rock star's clothing line is called "Abbey Dawn," which was her childhood nickname.

Entertainment

Material Rock Star

As a pioneer of music video, Madonna is now a hall-of-famer

STAR BRIGHT | Madonna has been many things in her 26-year career.

The Material Girl has been a pop star, a video star, a movie star, a singer, a songwriter, an author, a dancer, a label exec, a producer and, most recently, a director.

Calling her a rocker, though, is a bit of a stretch.

Yes, there are a handful of borderline rock songs in her catalog, and she did learn the guitar for her "Music" tour. But Madonna is a pop star. Still, last night she was inducted into the Hall of Fame along with John Mellencamp, the Ventures, the Dave Clark Five and Leonard Cohen.

Does her pop-star image mean Madonna is unworthy of being in such prestigious rock 'n' roll company? Of course not.

"To me, it's the same issue as last year with Grandmaster Flash and does hip-hop belong in?" says Jim Henke, vice president of exhibitions at the Rock and Roll Hall of Fame in Cleveland. "I think here at the museum and among other inductees, we've always defined rock 'n' roll pretty broadly. It's not just about four guys with guitars



STRIKE A POSE: At the height of her image-honing, Madonna was setting new standards in fashion, music, dance and video. That's Hall-of-Fame-style innovation.

or something like that. Madonna certainly had a huge impact on popular music and rock 'n' roll throughout the '80s and '90s and she's certainly deserving of being honored."

Henke points to Madonna's incorporation of dance elements and her mixing of styles that influenced lots of performers after her.

Her biggest contribution, though, was her music videos.

"Madonna takes us into a new era," says Rick Krim, VH1's executive vice president for music and talent programming. "The new eligibles from the MTV era will be different from those who came before them. And Madonna emerged as one of the icons of the video era."

When Madonna made her debut in 1982 with the dance single "Everybody," she seemed like just another dance pop singer, like the countless ones who would follow, from Regina and Martika to Stacey Q and Pebbles.

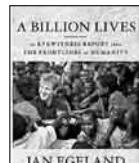
Once she figured out how to use music videos to sell her image as well as her songs, Madonna, with the help of MTV, was soon in a league of her own.

"She is still a musical and cultural icon," Krim says. "She's always finding a way to impact culture and changing with the times. She's always looking ahead." **GLENN GAMBOA (NEWSDAY)**

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

JAN EGELAND Humans' Human



Norwegian diplomat Jan Egeland served as the U.N.'s under-secretary general for humanitarian affairs from 2003 to 2006. In his blunt account of his work, "A Billion Lives," Egeland paints vivid images of atrocity from Darfur to Southeast Asia. He'll discuss his extensive travels tonight at Politics & Prose.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*



JILL SCOTT The Real Thing

2 Tonight and on Wednesday, Friday and Saturday of this week, Philadelphia's premiere neo-soulstress, Jill Scott, shares her energizing talent at Constitution Hall. Expect to hear tracks from her latest offering, "The Real Thing: Words and Sounds, Vol. 3." → *Constitution Hall, 1776 D St. NW; 8 p.m., \$57-\$84; 202-397-7328. (Farragut West)*

THE URBAN VOODOO MACHINE Time to Shine

3 The Urban Voodoo Machine is a "shadowy collective of ne'er-do-wells" (or so they claim on their Web site) who have been opening up for the Pogues all week. It's their turn to headline. Check them out at the Red & the Black tonight.

→ *The Red & the Black, 1212 H St. NE; 9 p.m., \$8; 202-399-3201.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Fox's British Occasion

Which Beatles songs should 'American Idol' contestants sing?

FABNESS | Will David Hernandez cry "Help!"? Could Kristy Lee Cook countryfy "I Want to Hold Your Hand"? And who'll get to wrap their pipes around "Let It Be"?

These are the questions that will be answered tonight, as the contestants of "American Idol" get their superstar-wannabe paws on the

readexpress.com

Which Lennon-McCartney songs do you think the Idolites should pick? Join the discussion at readexpress.com/idol

Lennon-McCartney songbook. The results will be a much-hyped, two-hour "Idol" extravaganza.

Who should sing what? Here's a few suggestions.

Brooke White would be phenomenal at "Across the Universe,"

but she'll probably pick "Yesterday" instead.

David Archuleta ought to lighten up his dreary playlist with "I Saw Her Standing There."

Carly Smithson could blow the roof off the show's shiny new set with "Oh! Darling," while a David Cook version of "Revolution" would be worth the price of admission alone.

Not likely to surface tonight: "Why Don't We Do It in the Road." Just a guess. **GREG BARBER (EXPRESS)**



Could Michael Johns lend his INXS-style sound to "I Am the Walrus"?

Entertainment



EL MAESTRO: Five-time Oscar winner Francis Ford Coppola, best known for the "Godfather" trilogy, is preparing to shoot "Tetro" (for which he wrote the screenplay), a film about a much different, but equally dysfunctional, Italian-immigrant clan.

Actress for All Ages

Patricia Clarkson sops up the roles, no matter how old she is

RANGE | Maturity has been no obstacle to actor Patricia Clarkson, who keeps getting cast — and in damn good roles, to boot.

"There are not that many parts for women north of 45," she says. "I'm more the exception than the rule, and I don't know why. Maybe work begets work and I stay in people's minds."

Perhaps best known for her Emmy-winning turn as Aunt Sarah on "Six Feet Under," Clarkson says she chooses projects because of the script, the character, and/or the cast

and director. Another consideration is variety. "I'm always looking for new territory in the roles I play," she says. "When I was a younger woman, I was often cast as the suburban mom. I've gotten away from that one, thank God."

She certainly has. In a career spanning almost 25 years, Clarkson has tackled a spectrum of roles on Broadway, television and film. In recent years, she's played a grieving artist in "The Station Agent"; the benign psychotherapist in "Lars and the Real Girl"; and the terminally ill mother in "Pieces of April" on-screen. For "April," Clarkson garnered a host of accolades, including Academy Award, Golden Globe and Screen Actors Guild Award nomi-



FRANK MICELLO/TIME

GRACEFUL LIVING: Clarkson looks at age as an opportunity to broaden experience.

nations.

Starting March 21, she can be seen in the independent film "Married Life as Pat" as the efficient and seemingly guileless wife of an adulterous husband (Chris Cooper) who's planning her murder. The movie is set in the late 1940s in a posh Connecticut suburb. "Pat is a sexy, emotional, sporty girl, but she's also contradictory," notes Clarkson. "The challenge was to keep her soft and vulnerable, even though she's sporty. She is a woman of her period."

She is also very much at home in the world of independent films, though she has no shortage of studio films to her credit. "I love doing both," she says. "Unlike studio films, independent films have a fast shooting schedule for high-metabolism actors. It suits me. It's more risky, more intimate, and more relaxed than a studio film. On the other hand, there's nowhere to sit all day," she says with a laugh.

SIMI HORWITZ (BACK STAGE)

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THE FASTEST WAY TO A MAN'S HEART? Why, it's with Chuck Norris' fist. Norris, known for his martial arts prowess, has recently become a cult figure among the U.S. military in Iraq and an unlikely hero for some in Iraq's security forces. We're talking shrines here, people.

Entertainment

The Trend That HGTV Built

Mortgage crisis or not, Americans tune in to real estate shows

DREAMING | Real estate may have cooled considerably as an investment, but not real estate television.

House flipping and home renovation programs are still big hits on cable. While "for sale" signs sprout on lawns across the country, TV programmers are like developers who

plow ahead with new housing projects anyway.

A new season of the A&E Network's "Flip This House" — one of a troika with TLC's "Flip That House" and Bravo's "Flipping Out" — premieres Saturday night.

A&E has several new programs in development. At least six new ones are beginning on TLC in the next year, starting with "Date My House," where former "Bachelor" Bob Guiney hosts a program on



The cast of "Flip This House" is ready to wow a broke American public.

which potential buyers spend a night in a home on the market.

HGTV had its highest prime-time ratings ever in January. Nine of its top 10 series deal with the housing market, including "House Hunters," "My First Place," "Hidden Potential," "Buy Me" and "Design to Sell." The network did a special Feb. 29 theme day of "taking the big leap," or investing in that first house.

"What's driving interest right now is that people are worried

about it — 'What's the value of my home? How can I increase interest in my home?'" said Jim Samples, HGTV president. "And then there's the 'life goes on' factor. People are still changing jobs, families are still getting bigger. If anything, they tend to nest in this environment."

Samples admitted, though, that one of his first questions last fall upon taking over HGTV was how the housing market downturn would affect HGTV's programs.

HGTV essentially built itself on the public fascination with property. At its start, the network had shows on crafts and landscaping, but now the home is the focus. DAVID BAUDER (AP)

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DIGITAL PRESENTATION		
10,000 B.C. (PG13) ✓ 2:00, 5:00, 8:00		
10,000 B.C. (PG13) ✓ 2:05, 4:00, 5:45, 7:00, 8:45, 10:00		
THE BANK JOB (R) ✓ 1:25, 4:25, 7:10, 9:45		
COLLEGE ROAD TRIP (G) ✓ 1:10, 2:10, 3:40, 4:45, 6:15, 7:15, 9:00, 9:50		
SEMI-PRO (R) 1:15, 3:05, 5:30, 6:25, 7:55, 9:30		
VANTAGE POINT (PG13) 1:45, 2:50, 4:15, 5:15, 6:45, 7:45, 9:15, 10:10		
VANTAGE POINT (PG13) ☐ 1:45, 4:15, 6:45, 9:15		
DEFINITELY, MAYBE (PG13) 4:50, 10:20		
JUMPER (PG13) 1:30, 4:05, 6:40, 9:00		
THE SPIDERWICK CHRONICLES (PG) 1:20, 4:20, 7:05, 9:35		
STEP UP 2 THE STREETS (PG13) 2:20, 5:05, 7:40, 10:05		
FOOL'S GOLD (PG13) 6:55		
WELCOME HOME ROSCOE JENKINS (PG13) 2:05, 4:50, 7:35, 10:20		
AMC SELECT		
MISS PETTIGREW LIVES FOR A DAY (PG13) ✓ 1:55, 4:30, 7:20, 9:40		
THE OTHER BOLEYN GIRL (PG13) 1:40, 4:40, 7:30, 10:15		
PENELOPE (PG) 1:35, 4:10, 6:35, 9:05		
BE KIND REWIND (PG13) 1:15, 4:05, 6:30, 9:20		
NO COUNTRY FOR OLD MEN (R) 3:10, 6:10, 9:10		
THERE WILL BE BLOOD (R) 2:15, 6:05, 9:25		
JUNO (PG13) 1:50, 4:35, 7:25, 9:55		
AMC COLUMBIA MALL 14 10300 Patuxent Parkway 703-998-4AMC		
DIGITAL PRESENTATION		
10,000 B.C. (PG13) 2:00, 4:40, 7:20, 10:00		
10,000 B.C. (PG13) 12:50, 3:30, 6:10, 8:50		
THE BANK JOB (R) 1:40, 4:20, 7:00, 9:40		
COLLEGE ROAD TRIP (G) 1:55, 4:50, 6:45, 9:00		
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WELCOME HOME ROSCOE JENKINS (PG13) 6:35, 9:15		
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PENELOPE (PG) 2:15, 4:35, 9:45		
NO COUNTRY FOR OLD MEN (R) 4:10, 9:25		
JUNO (PG13) 1:45, 7:05		
LOEWS GEORGETOWN 14 311 K Street, N.W. 202-342-6441		
DIGITAL PRESENTATION		
10,000 B.C. (PG13) ✓ 1:35, 4:15, 7:00, 9:35		
THE BANK JOB (R) ✓ 2:20, 5:00, 7:45, 10:25		
SEMI-PRO (R) 2:35, 4:55, 7:15, 9:45		
CHARLIE BARTLETT (R) 10:10 PM		
VANTAGE POINT (PG13) 2:30, 4:45, 7:05, 9:25		
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THERE WILL BE BLOOD (R) 3:00, 6:30, 9:00		
ATONEMENT (R) 1:05, 4:00, 10:25		
JUNO (PG13) 1:00, 3:10, 5:35, 8:05, 10:20		
LOEWS SHIRLING 7 2772 South Randolph 703-671-0910 801		
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PENELOPE (PG) 1:20, 3:40, 6:00, 8:25, 10:30		
BE KIND REWIND (PG13) 2:20, 4:55, 7:50, 10:15		
NO COUNTRY FOR OLD MEN (R) 1:15, 4:40, 7:35, 10:20		
JUNO (PG13) 2:25, 5:00		
LOEWS UPTOWN 1 3426 Connecticut Avenue N.W. 1-800-FANDANGO #713		
DIGITAL PRESENTATION		
10,000 B.C. (PG13) ✓ 2:30, 5:15, 8:00		
THE BAND'S VISIT (PG13) 1:40, 4:20, 7:50		
AMC SELECT		
MISS PETTIGREW LIVES FOR A DAY (PG13) 2:30, 4:50, 7:10, 9:00		
THE OTHER BOLEYN GIRL (PG13) 1:30, 4:10, 7:00		
BE KIND REWIND (PG13) 5:20		
IN BRUGES (R) 2:20, 5:00, 7:30		
NO COUNTRY FOR OLD MEN (R) 1:50, 4:40, 7:40		
THERE WILL BE BLOOD (R) 2:10, 7:40		
JUNO (PG13) 2:00, 4:30, 7:20		
LOEWS WHITE FLINT 5 North Bethesda 1-800-FANDANGO #741		
DIGITAL PRESENTATION		
10,000 B.C. (PG13) ✓ 1:45, 4:40, 7:15		
VANTAGE POINT (PG13) 2:00, 4:15, 7:00		
AMC SELECT		
THE OTHER BOLEYN GIRL (PG13) 1:45, 4:30, 7:25		
NO COUNTRY FOR OLD MEN (R) 1:50, 4:25, 7:10		
JUNO (PG13) 2:15, 4:35, 7:05		

Times for Tuesday, March 11, 2008

-SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning • DV - Descriptive Video Service

Entertainment

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GRADUATE CERTIFICATES AND MASTER'S DEGREE

Information Sessions

Tuesday, March 18
6:30 pm

Monday, April 21
6:30 pm

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Television



COMEDIAN AMONG COMEDIANS: Jon Stewart will host the second biannual "Night of Too Many Stars: An Overbooked Benefit for Autism Education" on April 13 at the Beacon Theater in New York. The show will air live on Comedy Central (8 p.m.).

Celebration of Stereotypes

A beautiful woman is unable to tell time on 'Beauty & the Geek'

NERD ALERT | Give the CW credit for guts. While other networks avoid competing with "Idol," the fledgling network has scheduled new shows right in the teeth of Fox's ratings tsunami. Tonight marks the season premiere of "Beauty and the Geek" (8 p.m., CW), the reality TV "social experiment" that asks shy guys of the pocket-protector set to compete and cooperate with brash and attractive women who have never cracked a book.



THE LUCKY ONES: These guys may be geeky, but at least they can read a watch.

Despite the show's rather cruel premise, the results are often more heartwarming than not. Like most shows of its ilk, "B&G" is at least 95 percent casting. In what may be a first, one of the beauties sheepishly confesses that despite her friends' attempts to teach her, she's never been able to tell time.

This season's challenges will include the geeks appearing as in-studio guests of Dr. Drew's on "Love-line" and providing "make-unders" to the beauties. The ladies will be given the unthinkinable task of unclogging pipes. Tune in — stereotypes are on the march. KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

FAT'S BEEN SKIMMED

After a preliminary round that has lasted as long as the presidential primary process, **AMERICAN IDOL** (8 p.m., Fox) enters its serious stage with the top-12 contestants' names written in stone.

BUGS = PROTEIN

BIZARRE FOODS (9 p.m., Travel) visits Iceland.

X-TREME DEATH!

Ultimate fighting exacts an ultimate price on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

SOUNDS LIKE FUN

Termination day on **JERICHO** (10 p.m., CBS).

POP: MOCK AND DROP IT

The amusing sketch comedy series **HUMAN GIANT** (11 p.m., MTV) returns with



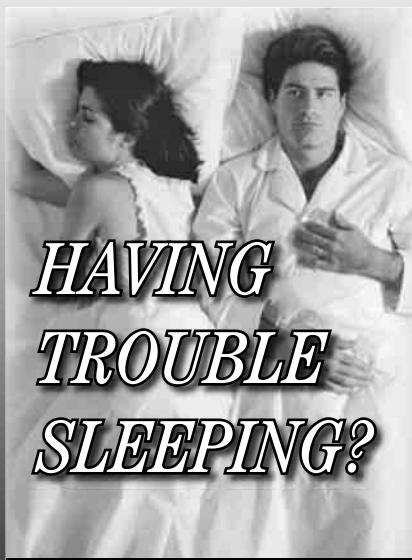
Crossover Artist: Snoop will discuss his foray into singing on Letterman.

frequently raunchy but often spot-on parodies of Internet spots, reality shows and movies.

D.O. DOUBLE G

Snoop Dogg is on the **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS												
WRC	4 News (N) 88	NBC Nightly News	Access Hollywood	The Biggest Loser: Couples (N) 1 88					Law & Order: Special Victims Unit 1		News (N) 88	Tonight Show
WTTG	5 News (N)	TMZ (N) 1 88	The Simpsons 1	Seinfeld 88	American Idol	The 12 finalists perform. (S Live) 88			News (N)		News (N)	TMZ 1 88
WJLA	7 News (N) 88	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just for Laughs	Just for Laughs	According to Jim	According to Jim	Primetime: What Would You Do? (iTV)	News (N) 88	(35) Nightline (N)	
WUSA	9 News (N) 88	Evening News	News	Entertainment	NCIS "Tribes" 1 88		Big Brother: 'Til Death Do You Part		Jericho "Termination for Cause" (N)	News (N) 88	Late Show	
WDCA	20 Judge Judy (N) 1	Judge Joe Brown	King of Queens	King of Queens	Street Patrol 1	Street Patrol 1	Jail 1 88	Jail 1 88	Every-Raymond	King of the Hill	Law & Order: Criminal Intent 88	
WMPT	22 The NewsHour With Jim Lehrer (N)	Great Performances	"Jerry Lee Lewis: Last Man Standing Live" 1 88				The Brain Fitness Program 1 88			Viewer Favorites		
WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	The Brain Fitness Program			Mississippi Primary		My Music: My Generation -- The 60s	Folk rock and pop hits from 1965-1969.		
WHUT	32 World Business	Tavis Smiley 1	BBC World News	Moneywise	Mystery! 88 (DVS)		The Great American Quilt Revival 1		BBC World News	Tavis Smiley 1	Charlie Rose (N) 1 88	
WDCW	50 My Wife and Kids	Family Guy 88	Two/Half Men	Two/Half Men	Beauty, Geek		One Tree Hill (N) 1 88		Friends 1 88	Friends 88	Family Guy 88	Sex and the City
BASIC CABLE												
A&E	Gene Simmons	Gene Simmons	Gene Simmons Family Jewels 88	Gene Simmons	Gene Simmons	Gene Simmons Family Jewels 88	Gene Simmons	Gene Simmons	Parking Wars	Parking Wars		
Animal	The Crocodile Hunter 88	The Most Extreme "Predators" 88	Season of the Grizzly 88	After the Attack 88					Animal Cops Houston	Pig rescue.	Season of the Grizzly 88	
BET	106 & Park: BET's Top 10 Live 88	Hell Date Special	* "The Wash" (2001) Dr. Dre, Snoop "Doggy" Dogg. Premiere. 88				College Hill	College Hill	Generation Now: Top 25 Under 25 (N)			
Bravo	Real Housewives	Real Housewives	Real Housewives	Real Housewives of NYC			Real Housewives of NYC		Real Housewives of NYC		Real Housewives of NYC	
Comedy	(4:30) "At Home With the Webers"	Scrubs 1 88	Scrubs 1 88	Daily Show	Colbert Report	Futurama 88	South Park 88	Lewis Black: Red, White & Screwed	Daily Show	Colbert Report		
Court	World's Wildest Police Videos 88	Cops 1 88	Cops 1 88	Cops 1 88	Cops 1 88	World's Wildest	Under Fire	Under Fire	Forensic Files	Forensic Files		
Discovery	Cash Cab (N)	Cash Cab 88	How It's Made	How It's Made	Dirty Jobs Underwater reef. 88	Dirty Jobs Mike digs tunnels. 88	How It's Made	How It's Made	MythBusters 88		Quintuplets! Revisited 88	
DISCH	Code Blue "Rite of Passage" 88	Trauma: Life in the ER 88	Quintuplets! Revisited 88	Quintuplets! Revisited 88	Quintuplets! Revisited 88	Quintessential Complications. 88	Deliver Me Previous miscarriages. (N)					
Disney	Life With Derek	Hannah Montana	Zack & Cody	* "Bob the Butler" (2005 Tom Green. 1 88)		That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana		
E!	Dating Show	Chelsea Lately	E! News (N)	The Daily 10 (N)	*** "Lost in Translation" (2003 Bill Murray, Scarlett Johansson.	Kardashians	Girl Next Door	E! News	Chelsea Lately (N)			
FX	(5:30) *** "13 Going on 30" (2004 Jennifer Garner, Mark Ruffalo.		*** "The Mask of Zorro" (1998 Antonio Banderas. Zorro's protégé crosses swords with a returning tyrant.					Dirt Lucy demands answers.				
HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
Family	8 Simple Rules	8 Simple Rules 1	Grounded for Life	Grounded for Life	America's Funniest Home Videos 1	America's Funniest Home Videos 1	America's Funniest Home Videos 1	America's Funniest Home Videos 1	The 700 Club 88			
History	High Hitler 88	Modern Marvels: Gas Tech 88	The Universe "Constellations" 88	The Universe "Colonizing Space" (N)	Ax Men "Man vs. Mountain" 88				UFO Hunters "Cops vs. UFOs" 88			
Lifetime	Reba 1 88	Reba "As Is" 1	Still Standing 1	Still Standing 1	Reba "The Wall" 1	Reba 1 88	** "Dawn Anna" (2005 Docudrama Debra Winger, Alex Van. 88)		Will & Grace 1	Will & Grace 1		
MTV	That's Amore 1	More Amore 1	Making the Band 4 "Fight Club" 1	True Life 1	True Life 1	True Life 1	True Life 1	Life of Ryan (N)	Rob & Big (N) 1	Human Giant 1	Rob & Big 1	
NICK	SpongeBob	SpongeBob	Naked Brothers	Zoey 101 88	SpongeBob	Drake & Josh 1	Home Improve.	Home Improve.	George Lopez 1	George Lopez 1	Fresh Prince	Fresh Prince
SCIFI	Stargate SG-1 88	Scary But True 1	Scary But True 1	Scariest Places on Earth 1 88	Scariest Places on Earth 1 88	Scariest Places on Earth 1 88	ECW What's next for Punk? (Live)		Destination Truth "Yeti" 1 88			
SPIKE	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 1	CSI: NY "American Dreamers" 88				
TBS	Friends 1 88	Every-Raymond	Every-Raymond	Family Guy 88	Family Guy 88	Family Guy 88	Family Guy 88	The Office 88	The Office "Pilot"	Sex and the City	Sex and the City	
TLC	Flip That House	Flip That House	The Secret Life of a Soccer Mom	Flip That Restaurant	Flip That Restaurant	My First Home	My First Home	Trading Spaces	Final breakup.	Flip That Restaurant		
TNT	Law & Order "Formerly Famous" 1	Law & Order "Bible Story" 1	Law & Order "Corner Office" 1	Law & Order "Remains of the Day"				Bones "The Man on Death Row" 1	Cold Case "Sleepover" 1 88			
USA	Law & Order: Special Victims Unit 1	Law & Order: Criminal Intent 88	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	NCIS "Missing" 1 88		Law & Order: Criminal Intent 88			
VHI	America's Next Top Model 1 88	America's Next Top Model 1 88	America's Next Top Model 1 88	America's Next Top Model 1 88	America's Next Top Model 1 88	America's Next Top Model 1 88	Rock of Love With Bret Michaels 1	Celebrity Rehab With Dr. Drew 1				
SPAN												
TELEM	Los Plateados	Noti-Telemundo	12 Corazones	La Traicion				Pecados Ajenos		Noti-Telemundo	Titulares y Mas	
UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Al Diablo con Los Guapos				Aqui y Ahora		Primer Impacto	Noticiero Univ.	
SPORTS												
ESPN	SportsCenter (Live) 88	College Basketball Summit League Tournament Final -- Teams TBA. 88		College Basketball Horizon League Tournament Final -- Teams TBA. 88								
ESPN2	NASCAR Now	Rome-Burning	Women's College Basketball Big East Tournament Final -- Teams TBA. 88	College Basketball Sun Belt Tournament Final -- Teams TBA. 88	(Live) 88			Gamenight		Mix Tape Tour		
CSN	SportsNite 88	SportsNite 88	NBA Basketball Milwaukee Bucks at Washington Wizards. (Subject to Blackout) (S Live)					SportsNite 88		Washington Post Live		
NEWS												
CNN	(4:00) The Situation Room	Lou Dobbs Tonight (Live) 88		Special Coverage of the Mississippi Primary Coverage. (Live)				Anderson Cooper 360 Special election edition. (Live) 88				
FNC	Special Report 88	The Fox Report With Shepard Smith		The O'Reilly Factor 88	Hannity & Colmes 88			On the Record-Van Susteren		The O'Reilly Factor		
MSNBC	Tucker		Hardball 88	Countdown With Keith Olbermann	Live With Dan Abrams			Sex Slaves in America		Verdict: You Decide "Officer Down"		
MOVIES												
AMC	(4:00) **** "The Godfather" (1972, Drama) Marlon Brando. R' 88		**** "The Godfather, Part II" (1974, Drama) Al Pacino, Robert Duvall, Michael Corleone moves his father's crime family to Las Vegas. R' 88									
TCM	(5:45) **** "Rio Grande" (1950, Western) John Wayne. NR 88		**** "High Wall" (1947, Crime Drama) Robert Taylor. NR 88					★★ "The Cobweb" (1955, Drama) Richard Widmark. NR 88				
HBO	*** "Catch a Fire" (2006 Tim Robbins. PG-13) 88	(45) Joe Louis: America's Hero ... Betrayed 88	In Treatment 1	In Treatment 1	In Treatment (N)			★★ "The Hills Have Eyes 2" (2007 Michael McMillian. R' 88	(35) The Wire 88			
MAX	Children of Men	★★ "Dracula: Dead and Loving It" (1995 Leslie Nielsen. 88	★★ "Fracture" (2007, Suspense) Anthony Hopkins, Ryan Gosling. R' 88					★★ "She's the Man" (2006 Amanda Bynes, James Kirk. R' PG-13 88				
SHOW	(5:15) ★ "Boys and Girls" (2000)	★★ "Pride" (2007, Drama) Terrence Howard, Bernie Mac. I.T.V. 1 PG 88	The L Word "Lifecycle" (ITV) 88					★★ "The Descent" (2005 Shauna Macdonald. R' 88	Filmmaker Sho.			
TMC	★ Out of Season	★★ "Puccini for Beginners" (2006 Elizabeth Reaser. 88	★★ "Pulp Fiction" (1994, Crime Drama) John Travolta, Samuel L. Jackson. R' 88					(45) ★ "Ju-on 2" (2003, Horror) Noriko Sakai. R' 88				
STARZ!	(5:30) ★ "Freedomland" (2006 Samuel L. Jackson. R' 88	★★ "Scary Movie 4" (2006 Anna Faris. R' PG-13 88	★★ "The Pursuit of Happyness" (2006 Will Smith. R' PG-13 88					Grindhouse Presents: Death Proof" 88				
ENCORE	(15) ★ "Stick It" (2006, Comedy-Drama) Jeff Bridges. R' PG-13 88		★★ "The Rock" (1996 Sean Connery. Alcatraz Island terrorists threaten to gas San Francisco. 88					(20) ★ "Invincible" (2006 Mark Wahlberg. PG 88				



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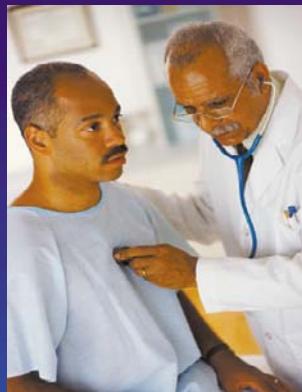
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Classifieds

COMMERCIAL REAL ESTATE

BALTIMORE, MD. U.S. Treasury Dept. Public Auction, Thurs, **MAR 20, 2008**. Two real estate investment opportunities. **Commercial Building** (11 a.m.) 4201 Sheldon Ave. - 3 unit corner bldg. w/1 apt.. & 2 storefronts. **Apartment Building** (1 p.m.) 2239 Eutaw Pl. - 3 lvl bldg w/4 apt units. **BOTH OPEN SUNDAY 3/9 & 3/16 from 1-4 pm.** Deposit: \$10K (Sheldon Ave), \$20K (Eutaw Pl.) Cashiers Check paid to **EG&G Tech Services**. www.treas.gov/auctions/treasury/rp 703-273-7373 Sale #0866838/163 H. Stephens Dance, MD Lic A00275

FORESTVILLE—5400 sf Storage Unit w/office space & 3 loading docks. No auto. \$3300 Avail now. Call Terry M-F 301-921-9500 ext #25

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CARS

Acura 2001 TL — 3.2, \$7300, Garage-Maintained cond, 120k mi, Black int, Black ext, 4 dr, Sunrf, Automatic, 703-628-4672

Audi 2005 A4 — 1.8T Cabriolet, \$2900, Excellent cond, 21k mi, Gray int, Silver ext, 2 dr, CD, kattySlot-t3@cs.com

BMW 1997 328i—white convertible, manual, 46K, mint cond., orig. ownr \$12,000. Call 301-656-2087

Chevrolet 1988 Van — LUNCH TRUCK everything u need to sell good food-new equip, low mi, exc/cond \$30,000 Ricardo 301-919-5975

DODGE 1999 INTREPID— 4-dr, auto. 92K mi., MD insp., all pwr, a/c, airbag, runs good, cruise control, \$4400/OBO. 240-381-0014

Ford 1969 Mustang Shelby GT — 500 428 4 SPD CAR, \$4800 ,low mi., 2 dr., manual trans., ext:red, int:black, 8 cyl, clear title, Contact information: (260) 868-4263 ; rosemarie-sexton @ msn.com.

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Maserati 2003 Spyder — Look fabulous this summer! Cambiocorsa conv., \$49,950, Mint cond, 16k mi, Fully Loaded including Navigation, Saddle int, Indigo ext and trim, 2 dr, 202-375-3669

Mercedes-Benz 2004 M-Class — ML350, \$21500 obo, Good cond, 42k mi, Navigation, Blue ext, Lthr int, Htd Seats, 3rd Row Seats, Mnrf, Extnd Wrnty, 703-629-7311

Mercury 1994 Villager - auto, lthr, clean, green, CD, runs good, Nissan Quest parts bumper to bumper. 163k mi. \$1995/obo. 240-593-2638.

Volkswagen 2002 Passat — GLX V6 \$11800 obo 64k mi Auto, Blue-Gray >2y 30k AAA Extd Warr 857-891-8067 http://tinyurl.com/35phyk

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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Food

King salmon may help Eskimo fishermen sustain their lifestyle

Bragging doesn't come naturally to Marvin Okitkun, but the Yup'ik Eskimo fisherman doesn't miss a beat when talking up king salmon, the valuable fish that makes life possible for villagers on the cash-poor Yukon River delta.

"Once you've tried our salmon, you wouldn't want to have any other salmon from any other place," Okitkun said. "To us, everything else is hype."

The sterling reputation of the Yukon king is buoying the fragile economies of the tiny delta villages, which are among the state's poorest communities. Strikingly high fuel costs and disastrously low fish counts in the last decade have pushed the mostly Alaska Native region deep into poverty.

To survive, local fishermen have immersed themselves in the language and mind-set of the modern gourmet in what has become

“Once you’ve tried our salmon, you wouldn’t want to have any other salmon from any other place.”

MARVIN OKITKUN, YUKON FISHERMAN

a successful courtship of the upscale commercial seafood market.

With help from a federal fisheries program, they are learning to tout the fish's exceptionally high fat content and lifetime in the wild as sources of health benefits and superior flavor.

The fish naturally store enough

fat to survive the 2,000-mile journey up the Yukon to spawn. Most wild salmon swim shorter distances and build up less fat as a result.

"Yukon salmon come from well-managed salmon runs, and they are not farm-raised," said Eunice Alexie, 43, of Pitka's Point. "They're all-natural, with 34 percent healthy omega-3 oils."

Alexie recently traveled from her Yup'ik Eskimo village of 110 people to the Boston International Seafood Show to showcase the Yukon fish for Kwik'Pak Fisheries. The company was created in 2002 through a federally sponsored nonprofit to help delta residents secure a niche in the cutthroat international salmon market.

"We want to build an economy based on the fishery," said Jack Schultheis, Kwik'Pak's Anchorage-based sales manager. "We don't have anything else."

Foodies are responding to the marketing push by Kwik'Pak and the few smaller processors left on the delta. Several newspapers and seafood publications have featured the Yukon king in culinary write-ups since the campaign took off several years ago. The fish appeared on Food & Wine magazine's "Best New Ingredients" list of 2008.

"I've been serving Yukon salmon each season for three years," said David LeFavre, executive chef of the tony seafood restaurant Water Grill in Los Angeles. "I think it's got great fat content. It sears up, grills and sautes incredibly nicely."

But the fishery needs more than good publicity to survive. The Yukon delta is hundreds of miles from the state highway and railroad systems. Local villages can accommodate only small planes on their air strips,

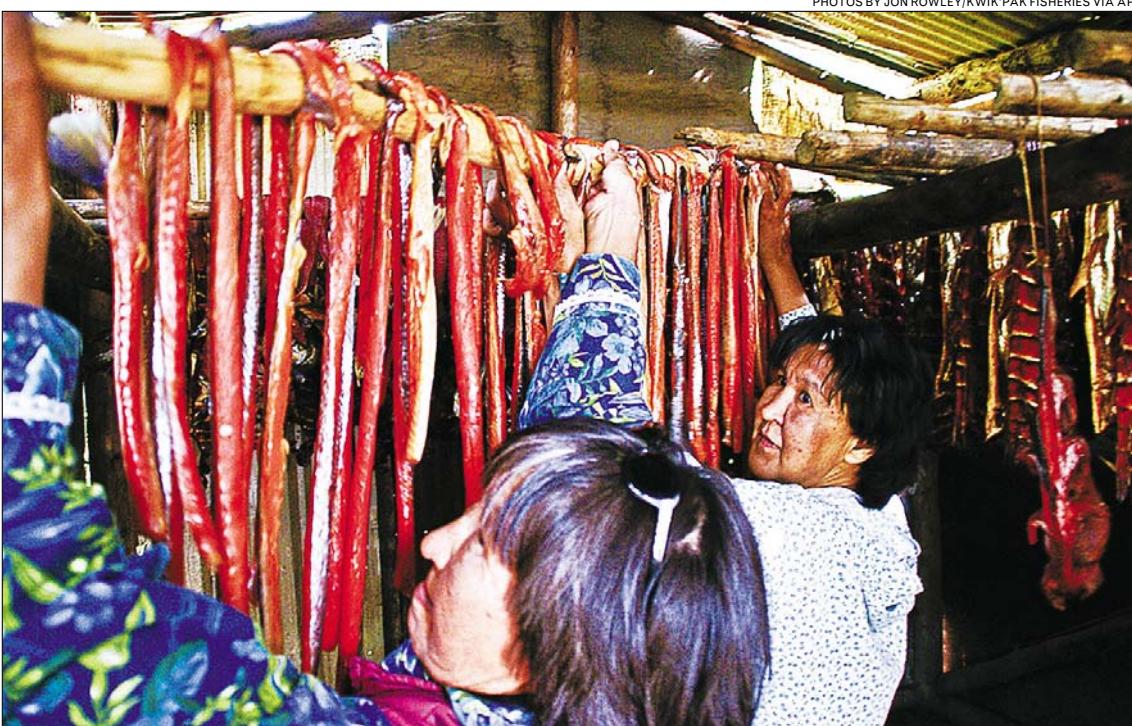
INSIDE

Ledger's will leaves naught to child | 34



Styles: More stars decide to design | 31

Discussions: Christian dishes on 'Runway' | 32



CULTURAL PRESERVATION: Women arrange king salmon on drying racks at a fish camp on the lower Yukon River in Alaska.

An Upstream Battle



Sales of king salmon are buoying the economies of towns in the Yukon River delta.

pushing up shipping costs.

Annual returns of the two main salmon species in the summer fishery — king and chum — have roller-coastered in recent years.

In the late 1990s, western Alaska's salmon stocks plummeted for reasons that remain unclear. The state declared the area a disaster in 2000. It cut short the commercial season but allowed fishing for local consumption to continue.

Fish buyers quit the region. Commercial fishing resumed in 2002, but the fish have never quite recovered. The state may set strict limits on commercial fishing again this summer to make sure enough salmon reach their spawning grounds. The fish are essential to the local lifestyle, said Okitkun, one of 600 people in the village of Kotlik.

"I'd say subsistence foods ... are the majority of our diet," Okitkun said. "A lot of it is salmon. My parents and other elders in town, they have dried salmon every day."

JEANNETTE J. LEE (AP)

The Neckties That Bind

Business

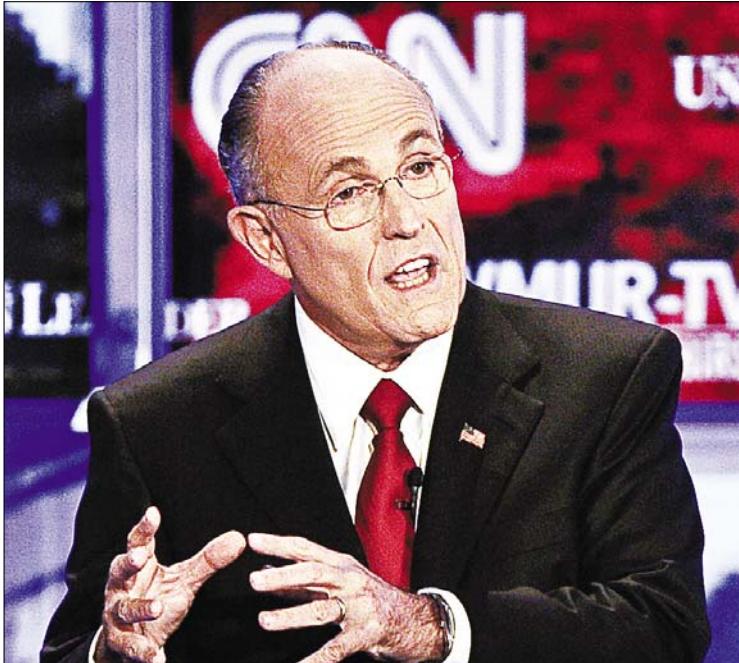
Politicians with very different platforms choose the same look

Shep and Ian Murray have never run for president, but men wearing their neckties have, which has been very good for business.

During the 2004 presidential campaign, George Bush, John Kerry and Howard Dean all sported ties made by Vineyard Vines, the Murrays' Stamford, Conn.-based apparel company that has its spiritual home on Martha's Vineyard, the island off Cape Cod that the brothers consider a home away from home.

Bill Clinton (who spent many presidential summers on the Vineyard), Bill Frist (who frequents Nantucket, as does Kerry) and Rudy Giuliani have all been spotted in Vineyard Vines, too.

"Everybody wanted us to take sides," Shep Murray, 37, recalled in a recent interview at the Vineyard



Rudy Giuliani is one of many politicians who wear preppy Vineyard Vines neckties.

Vines store in Greenwich, where the brothers grew up and still live.

"What are we going to do, say we are Republicans or Democrats and lose half our customers?" Shep Murray said. (For the record, Shep Murray is registered as a Democrat, and

Ian Murray is unaffiliated, according to Greenwich public records.)

The unsolicited political endorsements led to a flurry of publicity, exposing Vineyard Vines' playful, preppy brand to the nation's farthest reaches. Last year, sales were "well

This summer, a Vineyard Vines store will open in America's most famous political neighborhood: Georgetown.

over \$50 million," up more than 100 percent in two years, according to Shep, the elder of the brothers.

Initially their company's only employees, the Murrays now oversee a staff of about 120 and a ballooning product line that includes shirts, shorts, skirts, belts, boxer shorts, totes, jackets and just about anything else they and their friends might need, should their luggage ever get lost on the way to Key Largo.

Still tiny compared with competitors such as J. Crew, Vineyard Vines has lately focused on retail expansion, mainly through partnerships with family-owned hab-

erdashers who operate Vineyard Vines-theme stores, replete with blown-up photographs of Shep and Ian Murray, 33, living it up on the Vineyard. There are six stores so far, including one in Memphis, Tenn., that opened in February.

This summer, a store will open in America's most famous political neighborhood: Georgetown.

Shep and Ian Murray founded Vineyard Vines in 1998 after quitting corporate jobs in New York, a story they like to tell.

The brand is supposed to convey fun, and the story tells of two guys who weren't finding enough of it on the Metro-North train line between Greenwich and New York, where they worked in advertising and public relations.

Scarcely able to bear the thought of returning to work after a 1998 family vacation in the British Virgin Islands, they brainstormed ideas for something they could sell that would represent high living. They came up with neckties, which struck them as simple, portable and variable essentially blank canvases for the iconography of affluence.

"It was one-size-fits-all," Shep Murray said. "But it also said something about that person: 'I like fishing,' 'I like golf,' 'I like martinis and cigars.' It was a way for people to take the good life to work with them."

ERIC GERSHON (THE HARTFORD COURANT)

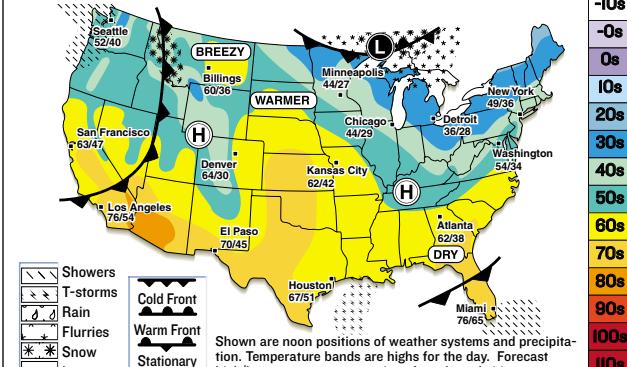
5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Mostly sunny	Becoming cloudy	Mostly cloudy, chance of rain	Mostly cloudy, cooler

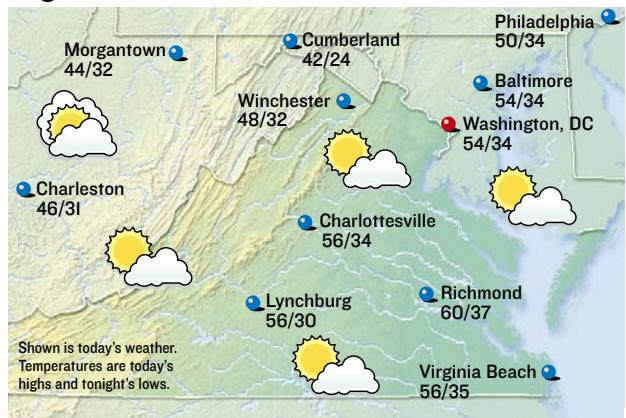
54°

Today	Tonight	Wednesday	Thursday	Friday	Saturday
34°	34°	55° / 38°	59° / 45°	64° / 46°	50° / 35°

National Weather for Tuesday, March 11



Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	50°
Low	33°
Normal high	54°
Normal low	36°
Average humidity	45%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.61"
Normal month to date	1.16"
Year to date	7.15"
Last year to date	5.63"
Normal year to date	7.11"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly sunny.

Wind northwest 7-14 mph. Tonight, partly cloudy. Low 34. Wind southwest 4-8 mph.

Sun and Moon

Sunrise today 7:25 a.m.
Sunset tonight 7:11 p.m.
Moonrise today 9:16 a.m.
Moonset today none

First	Full	Last	New
Mar 14	Mar 21	Mar 29	Apr 5

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	62/38/pc	68/45/pc	Amsterdam	46/41/sh	43/39/sh
Boston	45/33/s	45/31/pc	Athens	63/50/pc	61/50/pc
Chicago	44/29/pc	48/36/pc	Berlin	50/37/pc	45/36/r
Dallas	68/46/s	73/54/s	Buenos Aires	73/55/s	79/54/s
Denver	64/30/pc	57/30/c	Calgary	50/32/pc	45/27/pc
Honolulu	82/71/s	81/69/pc	Dublin	50/37/r	46/34/c
Los Angeles	76/54/pc	72/54/s	Geneva	42/39/r	49/40/r
Miami	76/65/sh	82/67/t	Moscow	36/30/c	41/34/sh
New York City	49/36/pc	49/35/pc	Rome	57/41/r	63/39/pc
Orlando	76/54/pc	79/57/pc	Sydney	80/63/pc	81/68/pc
Seattle	52/40/sh	50/39/pc	Tokyo	61/44/pc	50/42/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out



HAUTE HILTON: A decked-out Nicky Hilton, second from right, takes in Jaime Pressly's J'aime Collection fashion event during L.A. Fashion Week last October.

L.A. Fashion Week is becoming chock-full of celebrity designers

Just as L.A. Fashion Week took a step forward, the celeb-as-designer trend seems to have sent it two steps back.

Though the presence of more legitimate designers has grown over the past few years, fashion regulars Sue Wong, Kevan Hall and Ed Hardy are not showing Fall 2008 collections at Culver City's Smashbox photo studios this week.

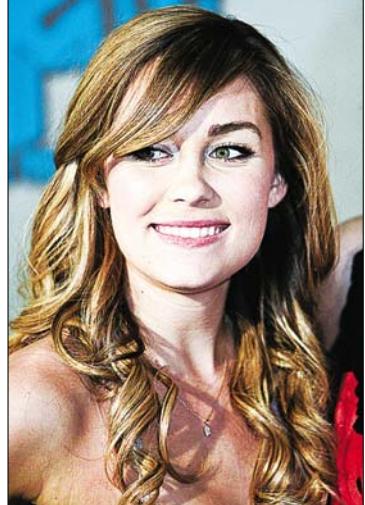
So, as Fashion Week got under way Sunday, the spotlight turned to the likes of "Hills" star Lauren Conrad, Nicky Hilton and the Pussycat Dolls.

Wong, for one, calls the emerging trend "absolutely bogus."

But Smashbox co-founder Davis Factor says the week "is for everybody," from established designers to showbiz types.

"Sure, every celebrity and his brother wants to be a fashion designer," said Wong, who has been designing since 1968. "It's not like anybody can pick it up and do it. It's a science. You need to know

Playing Dress-Up



15 MINUTES UP? Lauren Conrad, star of "The Hills," is debuting a new line.

fit and construction."

"I don't believe in reality TV stars turning into designers or a music mogul or a flash-in-the-pan turning into a designer," Wong said, acknowledging lines by Sean "Diddy" Combs and Jennifer Lopez. "It's all about merchandizing and them trying to capitalize on their 15 minutes of fame. I don't think those kind of houses can be taken seriously. What can be taken seriously is a real, bona fide talent."

Is that the case for Conrad?

The 22-year-old, known for starring roles on the hit MTV reality shows "Laguna Beach" and "The Hills," has cast her style influence long and wide this year on the red carpet

and with her own casual Lauren Conrad Collection, available online. Magazine covers have sailed her way — exposure not easily available to up-and-coming designers.

"I think my involvement in reality television has played a bittersweet role in my career," Conrad said in an email to The Associated Press. "If I wasn't on TV, I wouldn't have my line. But because I'm on TV, people don't take me seriously."

And there's the rub.

Conrad, who has trained at the Fashion Institute of Design and Merchandising in Los Angeles, describes her line as "California chic," basing this season on a recent trip to Paris reflected in simple, clean pieces accessorized with berets, netting, leather gloves, bows and lace.

"Let's see whether she can survive and thrive," said Wong.

This season's 22 shows include Nicky Hilton's high-end Nicholai line and artsy L.A.-based Whitley Kros, designed by Sophia Coloma and actress Marissa Ribisi, the wife of alt-rocker Beck.

The closing slot will be filled by more saucy fare: a Pussycat Dolls lingerie line designed by their founder, Robin Antin. SOLVEJSCHOU (AP)

Beauty



Gloss Gets Serious

We've never held lip gloss to the same standards as traditional lipsticks. Gloss is more Marilyn than Jackie — shiny and fun, but not enduring. So, when presented with L'Oréal's **INFALLIBLE LIP GLOSS** (\$10, drugstores) and its promise of six-hour wear, we were, understandably, skeptical. But we were pleasantly surprised when we found that the formula does, indeed, last longer than most glosses and survived both an ice cream sandwich and a glass of wine. (Yes, it may be time to re-stock the fridge.) The color's life span was closer to three hours than six, but it's still an impressive feat for a traditionally ditzy product.

ERIN CLEMENTS RUSHING

Hair

Flee, Flyaways



We have so many flyaways it appears that we brush our hair with steel wool to break lots of random strands, then rub a balloon on our heads to set them adrift in a staticy breeze. Most stuff that flattens them does it by weight — slather enough heavy goo on something, and it'll lie flat. **PAUL MITCHELL SUPER SKINNY RELAXING BALM** (\$16, see Paulmitchell.com for stores) works without clumping flyaways onto nearby hairs by means of sticky goo. It's unclear how it does it, actually — it just does. And it smells like apples!

HOLLY J. MORRIS (EXPRESS)

Lookout Online

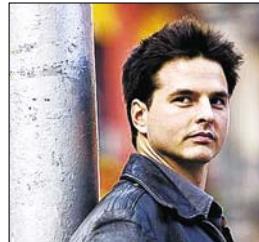
 readexpress.com

site specifics

MUSIC

Dispatch From the 'Sea'

The former leader of the indie-roots-rock group Dispatch, Pete Francis, reunited with the band's ex-producer to record the Southern rock-laced "Iron Sea and the Cavalry." Francis plays the 9:30 Club on Tuesday, and Rudi Greenberg spoke to the singer-songwriter about making it on his own. | COMING UP



SOUND BETS Still 'Workin' It'

Del tha Funky Homosapien came back into prominence as the voice behind the Gorillaz hit "Clint Eastwood," but he has continually made some of hip-hop's best music since the early 1990s. He's back with the single and video "Workin' It" from his new CD, "Eleventh Hour." | ONLINE NOW

FASHION

The Full Story

Pencil skirts may soon be erased from your closet, what with the pumped-up volume of spring's ladylike skirts. The twirl-worthy full shapes recall the days of sock hops and sweater sets. Ashley Joy Parker looks at four new skirt styles for spring. | ONLINE NOW



comment board

“I’m convincing

myself that it is. If the choice is between water bottled in plastic or parts per million of drugs, I’ll take the unknown.”

COMMENTER H2FILI, WHO ADDED, “PLASTIC WILL KILL YOU; THE OTHER ONLY MIGHT KILL YOU.”



If the D.C. water supply

actually has antibiotics, disinfectants, anti-seizure and anti-inflammatory drugs in it, I recommend they start handing out a couple glasses as mandatory drinking prior to boarding the Metro.”

COMMENTER MATTHEW, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “DO YOU THINK THE D.C. REGION'S WATER SUPPLY IS SAFE ENOUGH TO BE DRINKING FROM?”

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK THE D.C.
REGION'S WATER SUPPLY
IS SAFE ENOUGH TO BE
DRINKING FROM?

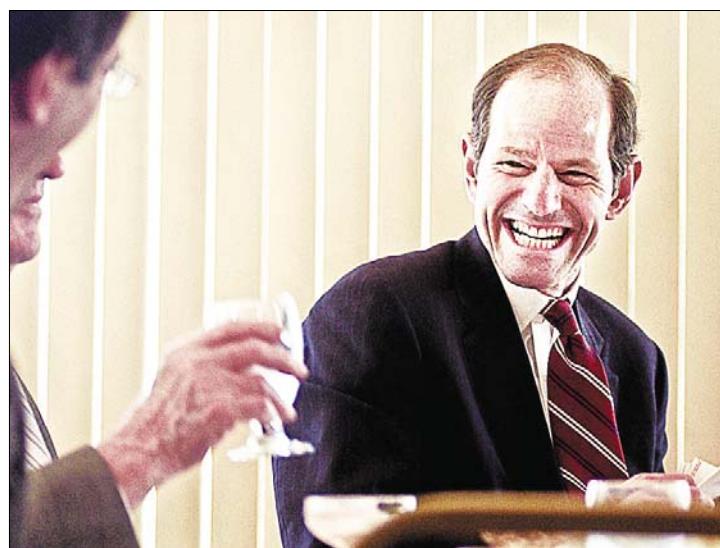
59%
NO **41%**
YES

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP

Blog LOG

“It was too real. No happy, pat endings. It was politics [and] crime [with] human beings as they are — and we Americans don’t like that.”

NATTURNERSREVENGE.BLOGSPOT.COM OFFERS A THEORY ON WHY HBO'S “THE WIRE” WAS NEVER AN AWARD-WINNING TELEVISION SERIES, YET WAS FREQUENTLY CRITICALLY ACCLAIMED.



“MY MAN PRACTICALLY

dragged me to see this movie. ... But I ended up loving it more than he did. It really rocked my socks.”

DCMOVIEGIRL.BLOGSPOT.COM'S BOYFRIEND CONVINCED HER TO SEE “IN BRUGES,” STARRING COLIN FARRELL, AND ENDED UP AS A FAN.

“JUST FOR THE RECORD, I am not one of those anti-big box people. I'm just somewhere between awestruck and mystified. I mean, I can walk to Target. Who does that? Targets are supposed to be in the middle of sterile suburban malls to which it's probably not even legal to walk.”

FARMFRESHMEAT.COM IS STILL SLIGHTLY WEIRD OUT BY THE NEW SHOPPING COMPLEX ON 14TH STREET.

“I WATCH WITH deep sadness as women in general — black, white and in between — scream and giggle affirmatively when [Barack] Obama makes speeches alluding to Hillary Clinton's femaleness in a negative way.”

SUGARNSPICE.TYPEPAD.COM IS TIRED OF SUBLIMINAL SEXISM IN THE '08 CAMPAIGN.

Discussions

Hot Tranny Mess

Annapolis native and winner of the fourth season of “Project Runway” **CHRISTIAN SIRIANO** was online Monday and discussed his victory and plans for the future.



Hello, Fierce One. I would like to know what on Earth it means to be a “tranny mess” and how can I not be one?

That's fabulous. Being a tranny mess just means that you need to work on your style and your pres-

ence and your hair and makeup and your all-around persona. So if you follow in my footsteps, you will never be a hot tranny mess.

Where do you think your talent comes from? At first, I didn't like you, but then as the show progressed, I began really pulling for you. Do you get a lot of that in life?

For me, the fashion and design comes from my family being so supportive of creativity and the arts. My great-grandmother was a furrier, and on the Siriano side of the family there are a lot of Italian tailors. The German side of my family is very hardworking, so they pushed me to succeed. When I first meet people, they never have nega-

tive comments about me. Being on a reality show, it takes a few episodes to get to know someone.

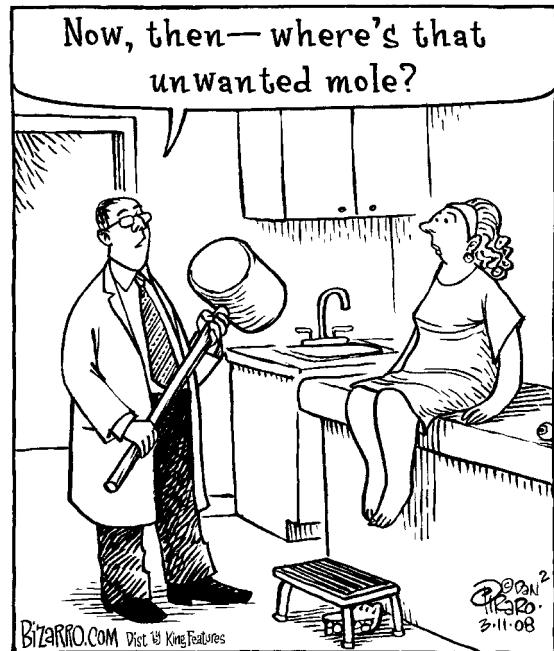
Have you seen Amy Poehler's impression of you on “Saturday Night Live”? Was it fierce or a hot tranny mess?

I did see “SNL” and had the pleasure of meeting Amy and being in the “SNL” studio, which is in the same building as Bravo. It was so funny, and it was kind of scary that she looked so much like me. It was definitely a fierce show.

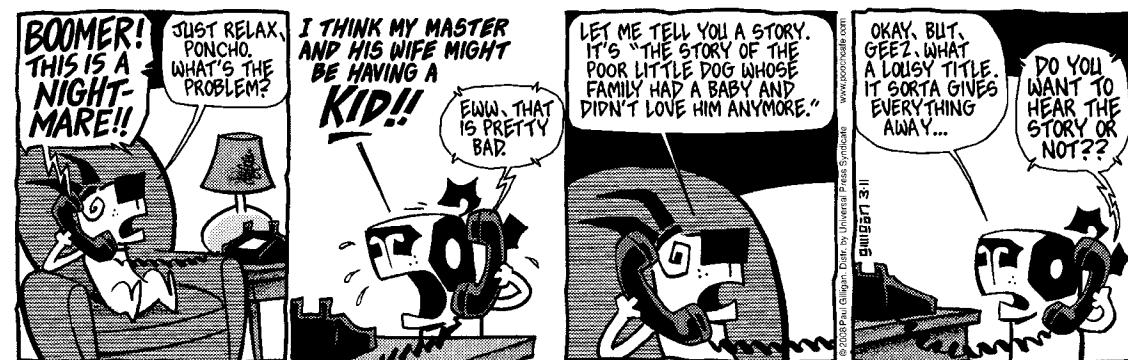
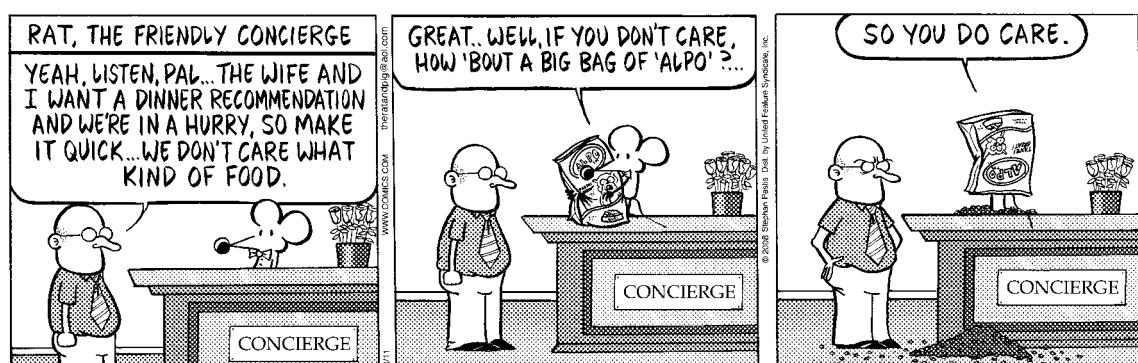
TODAY ON DISCUSSIONS: Post health and nutrition writer Sally Squires talks about how to eat healthier at 1 p.m. | washingtonpost.com/discussions.

DO

GET READY FOR MORE WALGREENS. Illinois-based Walgreens opened its first drugstore in the District at the former site of the landmark Blackie's House of Beef last week and hopes to open three stores next year in D.C. Roughly a dozen stores are planned for the region over the next three years.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

"Good Lord, what is it this week? New equipment for your kid's soccer team?"

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy

Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) Don't be overly critical—particularly when a Libra or Cancer native is only trying to give you a helping hand.

ARIES (March 21-April 19) You're more interested in what you can get than what you can give—but a close friend in need should be able to turn you around.

TAURUS (April 20-May 20) You'll attract into your orbit those who share much in the way of outlook and ambition. You can learn a lot from watching them work.

GEMINI (May 21-June 20) Avoid being overzealous when it comes to routine business around the house or overindulgent at the dinner table. Moderation is the key.

CANCER (June 21-July 22) Give a little more of yourself and you'll be in a position to receive a little more from others.

LEO (July 23-Aug. 22) It'll be up to you to come to a reasonable interpretation of the facts and to convince others that your solution is accurate.

VIRGO (Aug. 23-Sept. 22) It's not going to be all fun and games, for a heavy burden is likely to be placed on your shoulders before nightfall. Concentrate.

LIBRA (Sept. 23-Oct. 22) The more you try to second-guess a rival, the more likely you are to be disappointed in your own performance. Be sincere; play it straight.

SCORPIO (Oct. 23-Nov. 21) You can be innovative and original, even when you are tending to things that are routine and mundane. You can even have a little fun, too.

SAGITTARIUS (Nov. 22-Dec. 21) You've been wrestling with a decision that is not as hard as you've been making it. Listen to the advice of a friend; take the high road.

CAPRICORN (Dec. 22-Jan. 19) A complex issue is likely to be illuminated in an unusual manner, giving you a new and improved opportunity to address it appropriately.

AQUARIUS (Jan. 20-Feb. 18) Avoid crowds. Seek out solitude whenever you feel yourself becoming a slave to your own emotions. Conflict is best left to others.

Letters

Sick of the Red Line Delays

I LIVE, WORK and play in the District. I sold my car eight years ago when I realized Metro is so efficient and dependable. I pay the increases without grumbling much, and I usually just pull out my news-

paper when there is a delay. But, please, Metro, please, give us a break! We've now gone through multiple back-to-back weekends of major delays on the Red Line. It takes me four times as long on weekends to run errands or meet with friends. Can you give us this next weekend off?

—KATIE RILEY
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1942 As Japanese forces continued to advance in the Pacific during World War II, Gen. Douglas MacArthur leaves the Philippines for Australia. (MacArthur, who subsequently vowed, "I shall return," fulfilled that promise more than two years later.)

1957 Charles Van Doren's 14-week run on the rigged NBC game show "Twenty-One" ends as he is defeated by Vivienne Nearing; Van Doren's take is \$129,000. He later acknowledged that the show's producers had given him answers.

1985 Mikhail S. Gorbachev is chosen to succeed late Soviet President Konstantin U. Chernenko.

1998 The International Astronomical Union issues an alert, saying a mile-wide asteroid could zip very close to Earth on October 26, 2028, possibly colliding with it. (The next day, NASA's Jet Propulsion Laboratory said there was no chance the asteroid would hit Earth.)

2004 Ten bombs explode in quick succession across the commuter rail network in Madrid, Spain, killing 191 people in an attack linked to al-Qaeda.

Look out People

LEECHES

K-Fed Sues to Have Britney Cover His Clothing Budget

BRITNEY SPEARS' attorney says the pop star has already spent \$1 million on legal fees in her child-custody case and objects to paying a half-million dollars to Kevin Federline's lawyers. Attorney Stacy Phillips told a Los Angeles court commissioner Monday that Federline's lawyers are entitled only to about \$150,000 to \$175,000. She also says Spears' ex can pay his lawyers himself. Federline attorney Mark Vincent Kaplan says the case is unusually complicated, and all the billing is legitimate. Commissioner Scott Gordon had not yet ruled on the matter Monday as the hearing continued behind closed doors. (AP)



But K-Fed's lawyer bills will cut into Britney's ratty weave budget!

**LAW
Guy Who Plays Cop Not Charged**

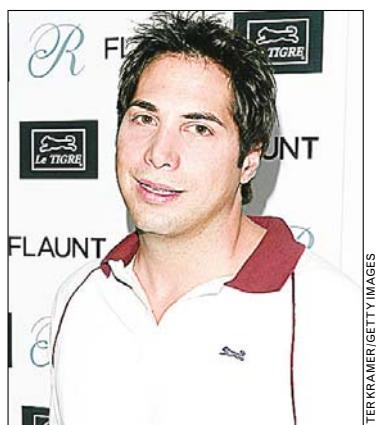
No criminal charges will be filed against "NYPD Blue" star **ESAÍ MORALES** over allegations that he raped his ex-girlfriend, a prosecutor's office spokeswoman said Friday.

The Los Angeles County district attorney's office rejected the case on Feb. 13, citing lack of evidence. "I'm happy that my client was vindicated," Morales' attorney, Richard Charnley, said Friday. "He was never questioned by the police, never taken into custody; there were never any charges brought against him." Elizabeth Mazzocchi alleged that he raped her in April 2006. (AP)

EXPLOITATIVE

Ever Been in a Wet T-Shirt Contest? You're off the Jury

"Girls Gone Wild" founder **JOE FRANCIS** is being released from a Nevada jail so he can return to Florida to face charges related to the filming of underage girls. His lawyer told a federal judge in Reno that Francis will appear in a Panama City, Fla., courtroom on Wednesday to resolve charges from the 2003 filming of girls during spring break. Francis has been jailed since last year in Nevada, where he faces federal tax evasion charges. (AP)



This cajoling look did not convince the photographer to expose his chest.

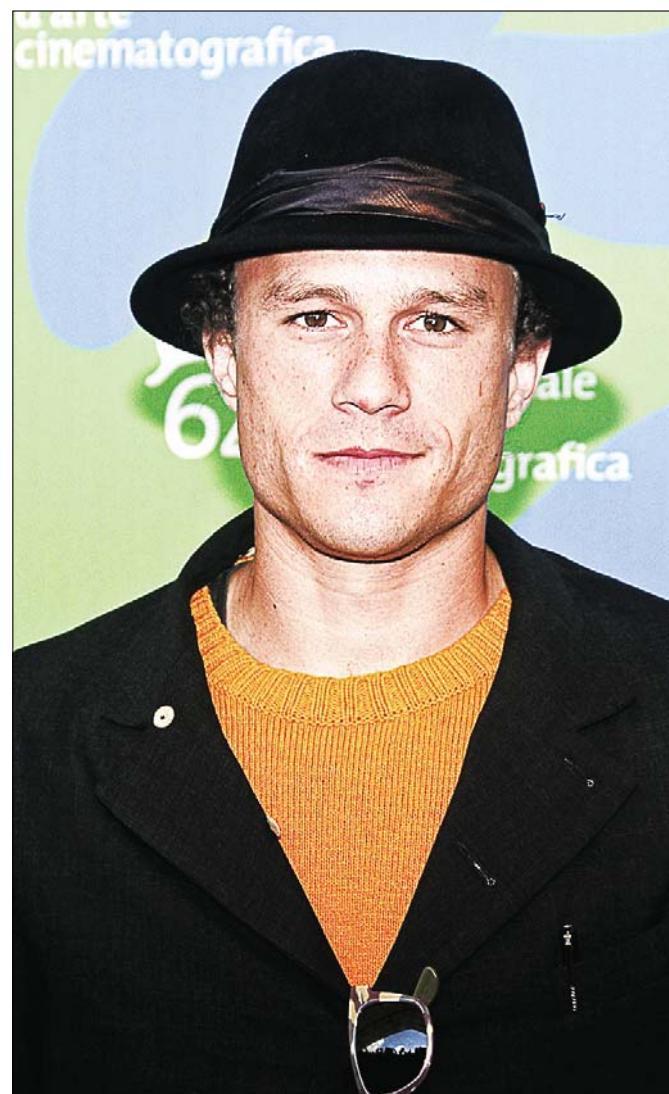
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National Institutes of Health
National Heart, Lung, and Blood Institute

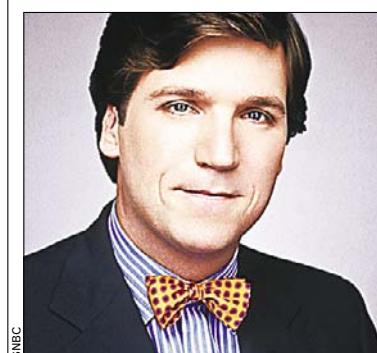


Please adopt some dowdy footwear.

CLOTHING

But You Can't Buy Her Little Dog, Too

Fur coats, designer gowns, plus dozens and dozens of pairs of Ferragamo shoes are headed to the auction block from real-estate billionaire Leona Helmsley's closets. Thousands of items belonging to the "Queen of Mean" — who left \$12 million to her dog, Trouble — will go on the block May 18. (AP)



Go ahead: Slap him in your imagination.

LEGALITIES

An Outdated Will

HEATH LEDGER's will leaves nothing to his former girlfriend and their 2-year-old daughter because it was never updated after they became part of his life. A copy of the three-page will, filed in Manhattan Surrogate Court, shows the Australian actor left everything to his parents and three sisters. The document, filed in Australia in 2003, offers no hint at the size of the estate he left. Ledger's father, Kim, has said the family would make sure the actor's former girlfriend, actress Michelle Williams, and that their daughter, Matilda Rose, would be provided for. (AP)

POLLUTION

Haze of Smog Disappears From Washington Skies

David Gregory is replacing **TUCKER CARLSON** as host of a one-hour MSNBC show each evening. The news network is making a handful of changes to respond to heavy political interest. Gregory's new show is called "Race for the White House" and will be on each weekday at 6 p.m. starting Monday. (AP)

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X08-081-3X2

LOOK out

CROSSWORD | I THINK THEREFORE ...

ACROSS

- Standard
- Casts forth
- Without self-control
- Two-dimensional measure
- Be petty
- Gia, Mia or Nia
- What a spooked horse may do
- Venue for some football games
- "The Rube's Honeymoon" author Zane
- No secret to anyone
- One's pawns, e.g.
- "America's Most Wanted" info
- "Lady and the Tramp" dog
- Getaway spots
- Blue-ribbon
- "Santa ___" (ode to Naples)
- "Married With Children" character
- It's open to debate
- "Aye!" sayer
- Babble
- Nightstick fracture bone
- "And it ___ to pass..."
- Make a collar
- British race site
- Accountant's job
- Philosophy
- 4-H Club concern
- Act amateurishly
- Bounder
- Atlantic flier
- ABC or NBC, e.g.

62 10 million of them equal a joule

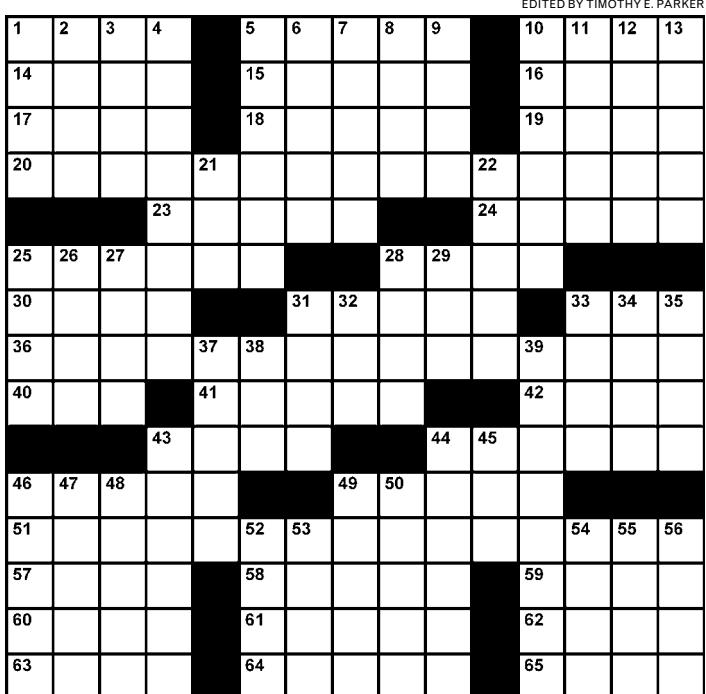
63 Lacrimal droplet

64 1,000 liters

65 Witnesses

DOWN

- Decoy to dealers
- Classic cookie
- Foolscap quantity
- Certain small monkey
- Barely adequate
- Davis pharmaceuticals
- "Wheel of Fortune" category
- Skid row denizen, stereotypically
- It usually comes on the side
- 2002 World Series champs
- A day in New Orleans
- The very end
- 2000 presidential candidate Alan
- Tenth of 12, for short
- The Pineapple Island
- Beat down
- Airport sound
- "... ___ dust shalt thou return"
- Picture on a desktop
- Picnic convenience
- Autumn air quality
- Like a famous ranger
- "Cocoon" transport
- Accumulation
- A dog's age



35 Buzzing summer pest

37 Urania's sister

38 "Demon" beverage

39 Brings up

43 Picnic convenience

44 Stick like glue

45 "Christ the Redeemer" locale

46 It can be a little black number

47 Twenty, in a famous address

48 The good dishes

49 Prefix with "thought"

50 "That's ___ nonsense!"

52 Open meadows

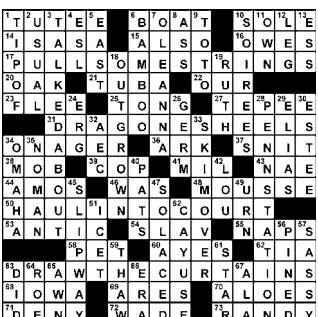
53 Bleep, e.g.

54 "An Inconvenient Truth" creator

55 Much bigger than a breadbox

56 1979 Nastassja Kinski title role

Yesterday's Solution



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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

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Yesterday's Solution



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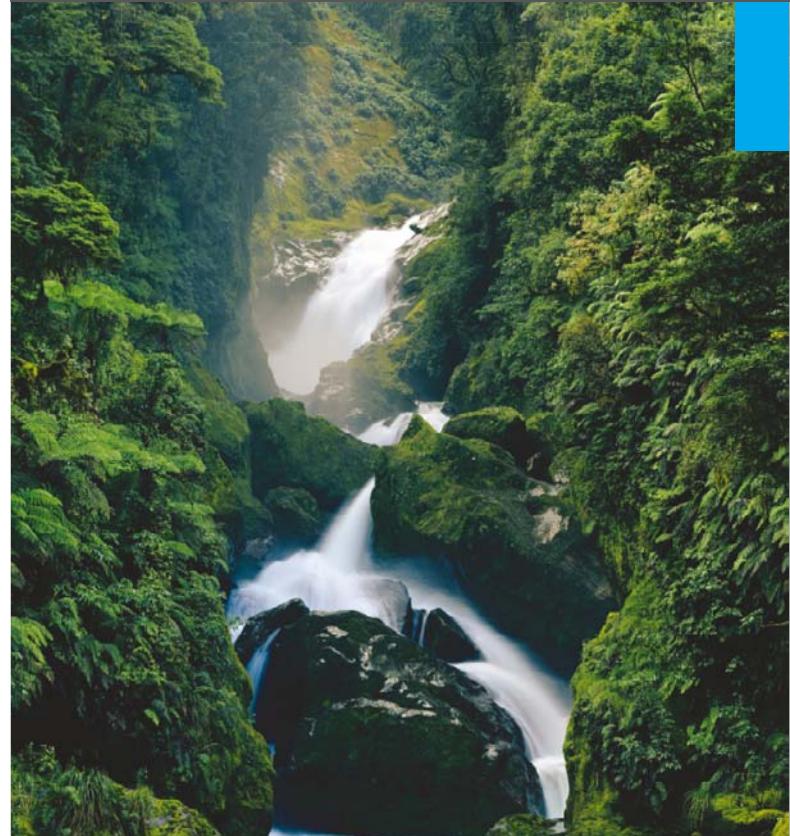
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BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831
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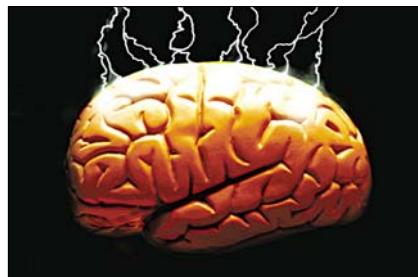
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A message from the American Iron and Steel Institute (AISI)

fit



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and watch less TV
to smarten up **E11**



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three workouts in
three languages **E6**



A triad of moves
to tone triceps into
sleeveless shape **E4**

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POTION OF HEALTH **E9**

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Is That Hot or Not? Readers Talk Back

I just had to comment on "D.C. Dating's" letter [Feb. 5], concerning men who are attracted only to hot women. Women reaching their beauty prime by 16? Please! I, for one, am VERY thankful that I have matured in attraction since 16. I think women are just coming into themselves at 30. I personally think the relationship drama of the 20s and a realization of who we are is what make us ready for marriage in our 30s. Granted, everyone's different, but this is my take. Some women do find their soul mates in their 20s. Others haven't met the right person and don't want to be married just for the sake of it. This guy needs to give women a little more credit. — D.C.-AREA WOMAN



"But we DO have a lot in common. You are a young, hot chick, and I happen to date young, hot chicks."

ERIC REECE

I agree that a man who truly has difficulty finding anyone older than mid-20s attractive — and who thinks that sexiness peaks at 16 — most likely has some stuff going on that's preventing him from being happy.

At the very least, he's sabotaging himself, consciously or unconsciously. Then again, maybe it's because I haven't figured how to "check my gender at the door" (Does it go on the coat hook or the shoe rack?). Read on.

It's a shame you made sport of a reader's search for understanding by suggesting the problem was his. The truth is that many men echo his sentiment but are too afraid to voice their feelings. I took a poll of single, 35- to 49-year-old, white-collar men, and they totally agreed with this writer. They would rather not date an unattractive partner; almost all of them preferred younger. I just hope other men have the intestinal fortitude to express similar concerns! A realistic answer would have been that, to obtain attractive women, one needs money, power, looks, a great personality or some combination thereof. Please be a counselor and check your gender at the door! — NO NAME

unhappy. On the contrary, I think by engaging in a little exploration about what's going on, he can be helped in finding love and eventually be quite satisfied. Your friends' preference for somewhat younger women is not at all the same thing as finding everyone unattractive who is old enough to have their car insurance rates to go down.

I also think you do women a disservice by suggesting that money and power are automatic aphrodisiacs. Everyone has different tastes, and physical chemistry is, of course, a necessity for a happy romantic relationship. But to honestly believe that that chemistry is dependent on the date that someone was born — or the numbers in a bank account — means that something's getting in the way of your following your heart.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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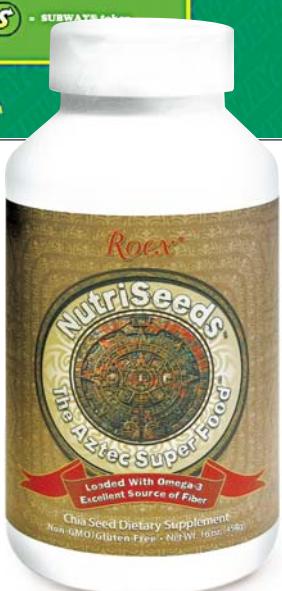
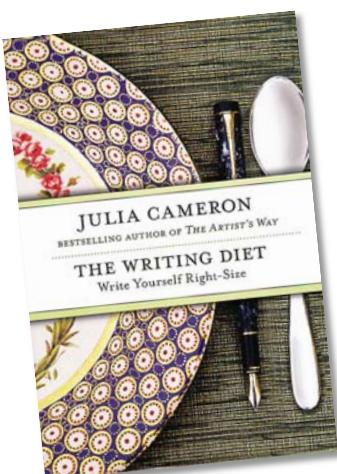
Keep a special eye out for the SUBWAY FRESH FIT™ sandwiches, they're worth extra points.

To move Jared's pants, use your left and right arrow keys. You have three SUBWAYS tokens to use your space bar and slow the game down.

Back to SUBWAY FRESHBUZZ **FRESH BUZZ** **Back to Jared's 10th**



GUINEA PIG



TRAVELING PANTS

Jared Fogle, Subway's diet poster boy, is celebrating a decade of keeping off the weight with the Tour de Pants (no, that's not a typo). To join in the revelry yourself, head to Subwayfreshbuzz.com, where you can play the "Pants Dance" game. Grab water bottles to stay slim, or take the cake and pop a seam!



THIN VOLUME

Keeping a food journal helps monitor what's been going in your mouth. But Julia Cameron's "The Writing Diet" (\$20, Tarcher) offers additional weight-loss ideas that start by picking up a pen. Jot down your food secrets, describe your eating habits and catalog your fridge.



THE GOOD SEED

What secret has your Chia Pet been keeping for his fuzzy self? Why, that a single handful of seeds from the Chia plant was all Aztec warriors needed for 24 hours of fuel. Get the boost and omega-3s for yourself with NutriSeeds (\$25, Roex.com), a blend of the tasteless pellets.



SKIRT CHASER

Triathlete togs weren't feminine enough for Nicole DeBoom, so she launched SkirtSports (Skirtsports.com), activewear that's actually pretty. Take the "Footloose tank" (pictured, \$48), for example. It comes with a shelf bra and is ready for a track workout or martinis.

Hatch a Plan

■ Yolk is such a confusing thing. It's way more caloric than egg whites (which seems bad), but it has more nutrients (which seems good) and it's also the part that is actually tasty (which seems very good).

So, Egg Beaters is attempting to give confused breakfast eaters a hand by providing a new kind of carton with an added "touch" of yolk. The idea is that it's still healthier than cracking shells—the stuff has 75 percent less cholesterol and half the calories of what a chicken lays. And it boasts more flavor than the rubbery original.

To test the yumminess claim, we got to scrambling and then chowing down. As one might suspect, the finished product was the right hue of yellow (thanks, food coloring!) and more eggish than the original. But will they make you forget your sunny-side up cravings? Not a chance. VICKY HALLETT (EXPRESS)



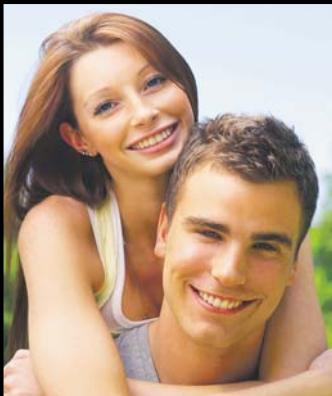
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THE MISFITS**Just Breathe**

Q I think I may have some form of exercise-induced asthma, triggered by cool temperatures. My throat tightens and starts to close, and I cough up gunk. I used to be OK unless the temperature was below 55 degrees, but now it's to the point where temperatures around 70 degrees trigger the problem, even indoors. Is there anything I can do to alleviate this, hopefully without resorting to medication? — DEBORAH

■ Inhalers have a not-so-sexy reputation — on the hipness scale of medical supplies, they probably fall somewhere between bifocals and EpiPens. (Although, have you seen Puffapouch.com? Wrapped in a camo print, those things actually seem pretty hard-core. But I digress.)

Anyway, regardless of how cool they are, they're darned useful for that whole breathing thing we human beings like to do, and it sounds as if it's time for you to come to terms with the possibility that you need one.

There are techniques folks can try if their asthma really attacks only when it's chilly outside, notes Frank J. Mayo, a Maryland-based pulmonologist. It's the cold, dry air coming in through the mouth that can trigger an asthma attack, so he advises winter athletes to wrap up. "Some people suggest you wear a muffler. Most of us breathe through our noses in that case, and it warms up the air," he explains.

Running around in 70-degree-plus weather with a heavy scarf, however, doesn't seem like a good solution for you. And the fact that your woes seem to be worsening warrants a medical look-see. If, indeed, you have asthma, you could be headed toward a kind that isn't brought on by exercise at all, Mayo says. He recommends you see a pulmonologist, get an inhaler and keep it with you.

It's certainly a better option than continuing to hack up gunk. Ew.

@ Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the Misfits at misfits@washpost.com.

Armed With Triceps Exercises

Tone your arms with the move that's right for your fitness level

Do you feel your arms look flabbier since you turned 40? Age-related muscle loss does take a toll. But three simple strengthening moves are all you need to go sleeveless with confidence — you can see results in less than a month. Try this customizable triceps workout to build firm, shapely arms by spring — whatever your fitness level.

Workout at a Glance

→ **WHAT YOU NEED:** 3- to 5-pound dumbbells, a 9- to 10-inch diameter ball (like a soccer ball, kickball or medicine ball) and a sturdy chair.
→ **HOW TO DO IT:** Do this routine two or three times per week on nonconsecutive days, completing eight to 12 repetitions of each exercise. Begin with the "First Try This" move for each exercise. If it's too difficult, follow the "Make It Easier" variation. Not challenging enough? Try the "Make It Harder" option.

FOR QUICKER RESULTS: Do the entire workout twice through. As you get stronger and can breeze through two sets of 12 reps, progress to the next level or use a heavier weight.

Ball Push-Up

→ **FIRST TRY THIS:** Start on floor in push-up position, either on knees or toes, with hands beneath shoulders and ball under left hand, fingers pointing forward. Inhale as you bend both elbows back, tucking them into sides, and lower chest toward floor. Exhale and



GETTY IMAGES

→ BODY TALK



One-Person Pillow Fight

■ The most unlikely aid to your leg exercise? Bed pillows — they can make your legs stronger. When men attempted single-leg squats while standing on a cushy surface, their hips and leg muscles worked up to 13 percent harder, report Mayo Clinic researchers. It's a tricky maneuver, however, because you can easily lose your balance. If you can do three sets of 10 wobble-free single-leg squats while standing on a hard floor, bring on the pillow. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

push back to start. Repeat. Halfway through set, switch ball to right hand. (Bonus toning: chest, shoulders, torso)

→ **MAKE IT EASIER:** Skip the ball and place both hands on floor under shoulders.

→ **MAKE IT HARDER:** Place both hands on ball, wrists facing and fingers spread to sides of ball.

Chair Dip

→ **FIRST TRY THIS:** Sit on edge of chair with feet flat and grasp chair near hips. Cross right leg over left, resting ankle on left thigh. Shift hips off chair, supporting yourself on hands and left foot. Make sure left knee is over ankle. Bend elbows back, lowering body until arms are bent about 90 degrees, keeping hips near chair. Press into palms, rising back to start position. Repeat. Halfway through set, switch legs. (Bonus toning: shoulders, abs)

→ **MAKE IT EASIER:** Keep both feet on floor as you dip.

→ **MAKE IT HARDER:** Place feet on ball for an added balance challenge. Now lower, keeping knees over ankles.

Kickback

→ **FIRST TRY THIS:** Get down on all fours with knees under hips and hands beneath shoulders, fingers pointing forward. Contract abdominals and extend right leg straight back, level with torso. Grasp a dumbbell in left hand, bending arm to 90 degrees with elbow at side. Exhale and straighten left arm, keeping upper arm still and pressing dumbbell back. Inhale and return to start. After one set, switch sides. (Bonus toning: core and butt)

→ **MAKE IT EASIER:** Start in the same tabletop position but keep both knees on floor as you extend arm behind you. After one set, switch arms and repeat.

→ **MAKE IT HARDER:** Stand with weight on right leg, a dumbbell in each hand. Hinge forward from hips, raising left leg behind until torso and leg are parallel to floor. Keeping head in line with spine, bend arms 90 degrees with elbows pulled in to sides. Straighten and bend arms. Halfway through set, switch legs. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



OVERNIGHT SENSATION: Ragnar Relays are party fueled by sleep deprivation.

Spend a Thrilling Night on The Run

Running approximately 200 miles nonstop doesn't sound like a good time. But add in 11 of your friends to share the distance, two vans to carry supplies and maybe matching costumes, and you have an "adult slumber party." At least, that's how Tanner Bell, director of race development for Ragnar Events, describes his company's signature overnight relays.

overnight relays.

What began as an experiment in Utah has now become a national network of all-night-long races, and this September, Ragnar is debuting its D.C.-area course. It's a 182-mile-long route that starts in Cumberland, Md., before weaving its way down the C&O Canal and culminating in a finish-line fiesta with live bands and tons of grub at East Potomac Park. (Registration opened yesterday. See Ragnarrelay.com for info.)

The concept is fairly simple — sort of. Teams divide into two groups of six, and each takes over a van. At the start, Van One drops off a runner, then drives ahead to pick up him or her and drop off the second. This continues until leg seven, when the sixth runner gets a lift from Van One, and Van Two starts unloading its runners. Van one takes a breather, and then repeats the process at leg 13. Got it?

Each person runs three legs of about five miles each, and at least one leg is smack in the middle of the night, when flashlights are key.

"It's a party, but it's equal parts accomplishment," Bell says. And although it's undoubtedly challenging, it helps that the runners get breaks between their runs — anywhere from four to seven hours, depending on how quick their teammates are. "Beginning runners to marathoners can both run it, even on the same team," he adds.

Going for speed is the traditional way to snag a prize, but all competitors get technical T-shirts, and all finishers get medals. And even if

“ Beginning runners to marathoners can both run it ... on the same team.”

you're not the speediest, you can earn accolades by showing spirit, decorating your vans, wearing absurd outfits (leather bustiers, anyone?) or picking a brilliant team name.

Naming is important to the Ragnar crew because of the process they went through to pick out their moniker. One of the founders had always called rugged folks "Ragnars" because he had known two rough dudes named Ragnar, Bell explains. "Then we found out that Ragnar was also the name of a ninth-century Norse king and wild man," he says. "That really fit into the spirit of the race."

Just skip the pillaging, OK?
VICKY HALLATT (EXPRESS)

VICKY HALLETT (EXPRESS)

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Strong Language Encouraged

Desi Bartlett gets you sweating in Spanish, English or even Spanglish

Blends are big in the fitness world right now — someone's bound to combine Pilates and kickboxing any day now. But it's for a very good reason: It's smart to challenge one's body in as many ways as possible, and left to sweat it out on their own, most people fall into a rut.

"They either want weight loss, so they go with cardio, or they want to tone up, and they go with weights. And unless they're doing yoga, they don't think about flexibility at all," complains Desi Bartlett, a 17-year veteran of the exercise industry. So she's developed "3-in-1 Total Body Fitness" (\$15, Acacialifestyle.com), a series of three 20-minute segments devoted to cardio, strength and stretching.

Some moves target more than one goal, of course. Bartlett's a fan of inserting a "balance challenge" into her cardio routine, and heart rates keep pumping even when she



This gorgeous Malibu beach backdrop provides visual stimulus in any language.

leads the audience in dumbbell work. One favorite exercise to cover all the bases: around-the-world lunges.

Squat to one side, lunge forward, squat to the other side, then, lunge backward. "It's cardio, it's resistance

training and you're using your full range of motion," Bartlett brags.

But what makes her three-in-one concept truly unique is that it also refers to the number of language tracks on the DVD. There's English, Bartlett's native tongue. There's Spanish, which Bartlett learned while living in Mexico. And there's Spanglish, a combination of the two, which has her alternating words like "biceps" with "bueno."

It's the first time there's been a major exercise DVD release with a Spanglish option, which Bartlett predicts will appeal to second-generation Hispanics like her, as well as people hoping to pick up some of either language. English speakers, in particular, can learn quite a bit from Bartlett's commentary. What gringos would call "saddlebags" is a favorite Spanish term of hers, "pistolas." "It's the like the part of the body that are the gun holders," she explains.

So, with the extra brain game, make that a four-in-one workout. Spanglish fans, expect more titles from Bartlett, including Latin dance and yoga. VICKY HALLETT (EXPRESS)



Leagues Apart

■ So, you say you want to play flag football? Just make sure you're not out of your league (or underwhelmed by it).

The sport has very different definitions for Joe Paternoster, head of NAKID (No Adult Kickball Isn't Dumb, Playnakid.com) — which is launching a flag-football program in April — and Mark "Madcap" Capozzoli, co-founder of NOVAFFL (Novaffl.com), which begins its fourth season at the end of March.

"Linemen go at it pretty hard. It's none of this hands-at-the-waist stuff. It's basically like an underground fight club," says Capozzoli. Paternoster, on the other hand, makes a big deal about NAKID's use of soft Nerf footballs. While Paternoster says only overly competitive folks have been turned away from his league's teams, at NOVAFFL, expect the opposite. "We want people who are committed, so we screen out deadbeats," Capozzoli says. If you're unfit, "you'll get insulted."

NAKID is more about socializing than scoring. "Who cares if you go undefeated? I've met people I'll be friends with for the rest of my life," says Paternoster. The same is true of NOVAFFL — just expect your pals to have battle wounds. v.h.

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Tea Time

Credit the Brits for penicillin, William Shakespeare and Clive Owen. But their signature contribution to society will always be tea time, especially as more and more research indicates that a teacup holds many health benefits. What, exactly, those benefits are depends on the color of your bag.

White

WHAT IT IS: Leaves from the bud are flash-steamed and dried, so it's the least processed form with the most antioxidants and the least caffeine. A light, delicate flavor.

WHAT IT DOES: White tea is kryptonite for viruses and bacteria, says Milton Schiffenbauer, a professor of microbiology at Pace University. In his studies, "tea destroys over 80 percent of viruses within 10 minutes," he says. Due to the higher levels of antioxidants, white tea may be the most powerful when it comes to cancer prevention. Researchers at the University of Oregon found that it was the best tea for inhibiting cell mutations — often the early stages of cancer.

TRY IT! The Republic of Tea's Honeydew White (\$14 for 50 bags). That doesn't seem like a bargain compared with the multipacks of Tetley black you can get at the grocery store, but for a premium line of premium tea, it's a great deal.



ISTOCK

Black

WHAT IT IS: Leaves are exposed to the air and turn black due to oxidation. A stronger, more traditional taste.

WHAT IT DOES: The majority of related research shows that the black brew significantly reduces heart attack, stroke and death from cardiovascular disease in women. It may also help prevent clogged arteries, improve blood vessel functioning and lower blood pressure. Six cups per day may provide resistance to microbial infections and possibly tumors, while two cups has been shown to ward off urinary tract cancer. And it contains enough fluoride to successfully fight cavities.

TRY IT! Lipton's Vanilla Caramel Truffle premium tea (\$3.50 for 20 bags). Smells like dessert and tastes that way, too. The funnel-shaped tea bag means the leaves have room to expand in the hot water, resulting in a stronger, more flavorful cup.

Green

WHAT IT IS: Leaves are steamed or cooked prior to oxidation. A crisper but less powerful taste than black.

WHAT IT DOES: Asian countries have lower rates of many cancers and a high consumption rate of green tea. Coincidence? No way: The chemicals in green tea have been shown to bond with and destroy cancer cells, and women who drank 10 or more cups per day had a 43 percent reduction in cancer risk. Green tea may also slow the spread of breast cancer and protect smokers from lung cancer. More good news: An unknown component in the tea has lowered tissue fat levels in mice.

TRY IT! Ito En's Green Jasmine (\$2 for 16.9 oz.). Clean and light, this no-cal iced brew makes it easy to drink those five cups — three bottles will give you that and more.

(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

DRINKING UP



Forget Coffee — It's in the Bag

A steady stream of research shows that antioxidant polyphenols in tea fight heart attack, stroke, some cancers and even bad breath. If you still haven't been converted in to a tea drinker, these three new studies might convince you:

→ **TAIWANESE RESEARCHERS** studying 1,000 people found that those who averaged just two cups of tea — black, green or oolong — once per week for 10 years had 20 percent lower body fat and 2 percent lower waist-to-hip ratios compared with those who didn't drink tea.

→ **USDA SCIENTISTS** recently reported that 15 people cut their mildly elevated cholesterol by 7 percent and their "bad" LDL cholesterol by 11 percent after just three weeks of drinking five daily cups of black tea. "A cup or two a day for a longer period should also work," says Joseph Judd, Ph.D.

→ **AUSTRALIAN RESEARCHERS** who studied 218 women found that for each one-cup increase in tea consumed daily (up to four cups), systolic (top number) blood pressure dropped two points and diastolic (bottom number) pressure dropped one point. GLORIA MCVEIGH (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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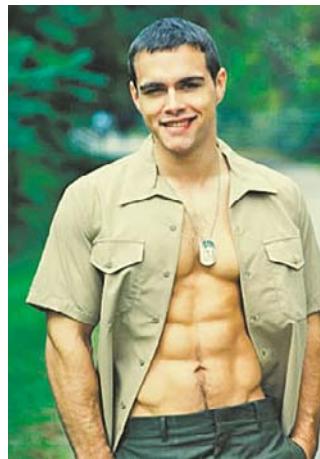
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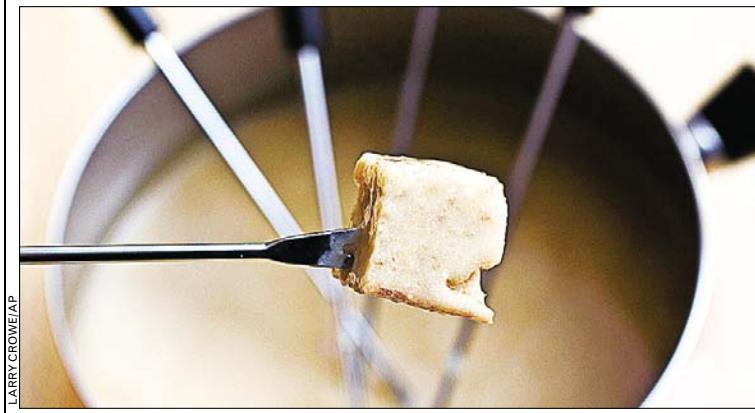
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Use Your Bean to Fix Up Fondue

When it comes to melting, low-fat cheeses have a pretty bad reputation. Which can make it a challenge to create lower-fat fondue (the very name of which means "to melt").

While it is true that cheese makers recently have produced better tasting reduced-fat cheeses, it's the fat that lets them melt smoothly. This means a healthier fondue has to keep at least some of the fat.

Creating a lighter cheese fondue that is flavorful and easily coats whatever you dunk into it calls for a simple compromise on the cheese selections and a bit of creativity with the remaining ingredients.

To make the fondue extra-thick and silky without needing additional cheese, this recipe calls for a puree of white beans (such as Great Northern, navy or cannellini). While the beans do add a certain earthiness to the fondue, the sharp cheeses and the assertive ale provide a flavor backdrop that evens things out.

LIGHT CHEDDAR AND ALE FONDUE

TIME: 15 MIN., SERVES 12

INGREDIENTS

- 15 1/2-ounce can white beans, rinsed and drained (such as Great Northern, navy or cannellini)
- 12-ounce bottle dark ale or other beer
- 1 cup grated extra-sharp cheddar cheese
- 1 cup grated reduced-fat sharp cheddar cheese
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon hot sauce, or to taste

IN A FOOD PROCESSOR, combine the beans and 1/4 cup of the ale. Puree, scraping the sides of the bowl as needed, until very smooth, about four minutes.

In a medium saucepan, combine the bean puree and the remaining ale. Bring to a boil over medium heat, then reduce heat to simmer. Add the cheeses in handfuls, stirring constantly, until the cheese has melted.

Stir in the dry mustard, Worcestershire sauce and hot sauce. Transfer to a warm fondue pot. (AP)

PER SERVING: 105 calories; 5 g fat (3 g saturated); 15 mg cholesterol; 7 g carbohydrate; 6 g protein; 2 g fiber; 187 mg sodium.

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NUTRITION

Secrets & Fries

A critical finding in the world of french fry science! Starchy foods that are cooked at high temperatures (including such potato products as tater tots, hash browns and curly fries) form the suspected carcinogen acrylamide. But according to a study in the Journal of the Science of Food and Agriculture, the longer raw fries got to sit in water before they were cooked, the more the acrylamide levels went down (but only if the fries were a light shade of tan). Researchers were unclear about what effect the soaking would have if the fries were allowed to turn a darker hue.

MEDICATION

What You Pay For

Everybody may love a good bargain, but it seems humans are wary of too sweet a deal. In a recent study reported in the Journal of the American Medical Association, subjects were given an electric shock. Then, they were given a placebo described as a painkiller. The catch? Some were told their pills cost \$2.50, while others were told 10 cents. A whopping 85 percent of the expensive-seeming placebo takers noted a reduction in pain, while only 61 percent of the 10-centers reported the same effect.

DRUGS

Just Saying No-ish

First, the good news. Girls won't just give something up because it's no longer cool. And, now, the bad news. The "thing" is pot. This is according to a report published in Prevention Science, which found that deviance-prone boys toned down their toking when teens in general cut back, but their female deviance-prone counterparts weren't swayed by the trends.

Tricks to Save Your Smarts

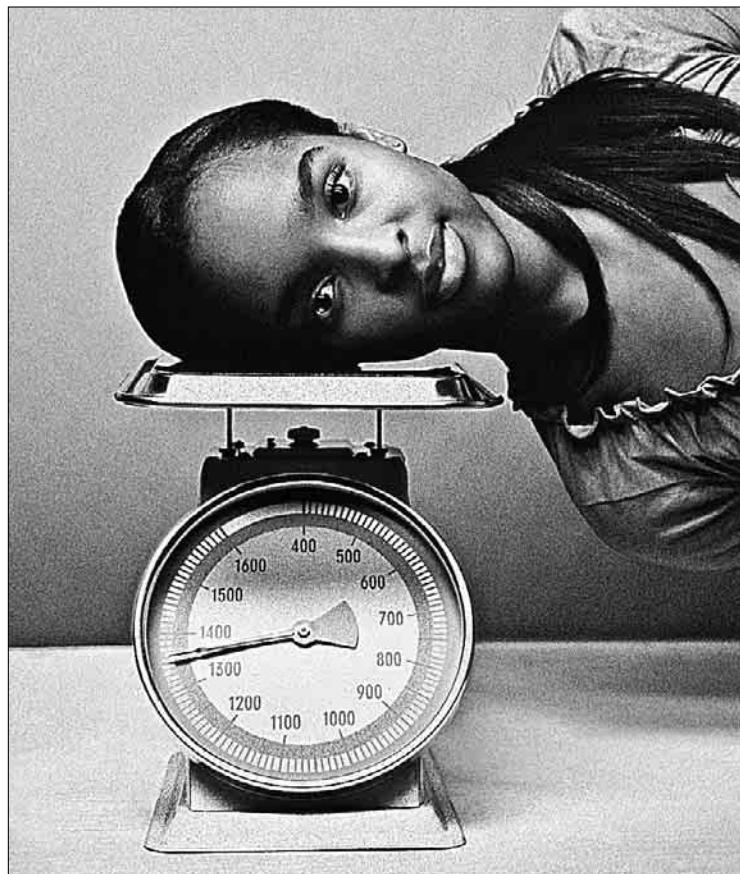
This guide to gray matters will have your neurons firing

Remember when your high school bio teacher grimly pronounced that once you destroy a brain cell, it's gone for good? She was wrong.

In recent years, revolutionary noggin-scanning technologies such as functional magnetic resonance imaging (fMRI) have allowed researchers to observe living brains at work, and they've found that your 3-pound blob is a dynamic organ. Every time you move or think, neural connections are made, reinforced or lost. The average brain cell makes about 10,000 connections with other cells. But to keep 'em firing, you have to abide by a crucial neuro motto: "Use it or lose it." Brain researchers know that just about everything you do — or don't do, for that matter — contributes to your brain's well-being (or its descent into decrepitude). And they've discovered a number of ways you can help fire up mission control.

Choose Kung Fu Or Hip-Hop

According to a 2007 Columbia University study, hitting the gym may help you sprout new cells in the dentate gyrus, an area of the brain vital to memory. Researchers measured blood volume in the brains of adults who worked out four times per week for four months and found that all that activity sparks the production of more neurons.



GENIUS MOVE: Complexity is the key to a mind-growing workout, says John Ratey, author of "Spark: The Revolutionary New Science of Exercise and the Brain." His favorite activities: dance and martial arts. "Both require you to position different parts of your body simultaneously and in synchronicity — and with dance, you've got to move along to music," he says. "That's a lot of mental stimulation."

Crack Some Eggs

The best brain foods are those that would rot if the power went

out. Pick fresh fruits, veggies and lean proteins and avoid the dreaded duo of trans fats (which diminish brain cells' ability to communicate) and high-fructose corn syrup (which can damage cells).

GENIUS MOVE: An ideal breakfast is an egg. The incredible edible contains B vitamins, which enable nerve cells to burn glucose, your brain's major energy source; antioxidants, which protect neurons against damage; and omega-3 fatty acids, which keep nerve cells firing at optimal speed.

Keep on Moving On

The key to remembering facts is to give them your full attention. In a 2006 study at UCLA, participants were asked to memorize information, first while simultaneously counting beeping noises, then without the racket. Neural scans showed the distracted subjects utilized different systems in their brains, causing them to learn less efficiently.

GENIUS MOVE: When you have a crammed to-do list, rather than layer projects, take on one task at a time and change them up every hour. Can't finish something in 60 minutes? Schedule another slot for it later in the day.

Disconnect the Cable

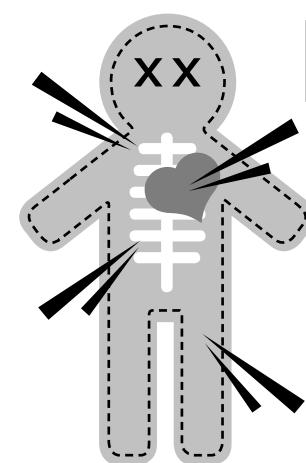
It's tempting to zone out in front of the TV. But too much "Top Chef" may damage your memory because your neurons can barely be bothered to fire when you're glued to the tube. A 2005 study published in Brain and Cognition found that for each additional hour per day a person spent watching TV between the ages of 40 and 59, the risk of developing Alzheimer's later in life rose by 1.3 percent. Yikes.

GENIUS MOVE: Top out at two hours of TV per day. Instead of tuning in, consider brushing up on your Shakespeare or flipping through the latest Sedaris. A 2006 study published in Neuropsychologia found that reading sentences with metaphor or irony stimulates more brain activity than taking in straight-up facts.

Give It a Rest

Getting plenty of snooze time is key to keeping your head on its toes. According to a 2007 Harvard Medical School study, Z's help memories lodge themselves in your brain. The study showed that the brain gathers disparate pieces of information and weaves them into a coherent whole while you're asleep.

GENIUS MOVE: Keep your bedroom cool, quiet and dark. Clock six and a half to eight and a half hours per night and you'll be more brilliant by morning. VALERIE REISS (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you sweat very little? Is your hair sparse on both your body and your head? Is it brittle and light in color? Do you have a prominent forehead, and does the gunk in your nose smell bad? You could have **HYPOHIDROTIC ECTODERMAL DYSPLASIA**, a genetic condition also characterized by dark circles around the eyes and small, pointed teeth. The lack of sweating is a big problem, not a convenience — because they lack a full set of sweat glands, patients can suffer dangerously high body temperatures (hyperthermia). Many need to take cool baths, spray themselves with water or wear wet clothing to regulate their inner thermometers.

SOURCE: GHR.NLM.NIH.GOV, MEDLINE PLUS

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